

# **PROTOCOL: For the AOPPPS® FLO-TECH-TOR™ Socket When used as a Post-Operative or Early Fitting Prosthetic Socket**

*A licensed or certified Prosthetist should be consulted throughout the use of all AOPPPS® sockets.*

## **PHYSICIANS - SUGGESTED SURGICAL and POST-SURGICAL PROTOCOL:**

- ✓ Elective surgical length is ideal between 5" and 8" as measured from the mid-patella tendon. However, the AOPPPS® can be custom made to nearly any size or length and available to your patient in 24 to 48 hours depending upon:
  - time of day when Prosthetist places the order (before noon EST, ideally) and
  - shipping schedules.
- ✓ The cut edges of the tibia should be well rounded, beveled and smooth.
- ✓ The wound (incision) should be cleaned and well sutured.
- ✓ Apply narrow adhesive strips and a non-adherent petrolatum gauze.
- ✓ Apply a thin layer of 4" x 4" gauze.
- ✓ Apply a non-compressive dressing, evenly and not too thick, from the distal end to approximately 2" above the patella. All forms of moderate skin cover (elastic bandages, gel liners, under cast padding) are acceptable with the FLO-TECH-TOR™.
- ✓ Roll the appropriate size sterile post-op fitting sock (or stockinet) up to the proximal edge of the non-compressive dressing.
- ✓ The Prosthetist may continue the application process from this point.

The FLO-TECH-TOR™ may be removed at any time to observe the incision, provide range of motion of the knee, and allow for patient or staff to change bandages or dressings. It should also be removed, routinely, 2 times per day (once in the AM once in the PM). The outer amputation sock should be changed to a clean dry sock. This will allow the outer sock to wick away moisture and other fluids.

## **PROSTHETISTS – SUGGESTED POST-SURGICAL PROTOCOL:**

- ✓ Apply the waist belt with extension aide.
- ✓ Roll the post-op fitting sock (or sterile stockinet) up high enough to fold over the top of the socket and secure it to the extension strap portion of the waist belt (temporarily) or use a non-allergic spray adhesive to secure it to the thigh.
- ✓ Apply a 1" or 2" (or both) distal end pad.
- ✓ Apply an outer non-sterile amputation sock over the reticulated pad, tall (long) enough to fold over the top of the FLO-TECH-TOR™ and attach it to the hook Velcro on the outer thigh section of the FLO-TECH-TOR™.
- ✓ Apply the posterior section of the FLO-TECH-TOR™ (loosely) to deter swelling, injury and potential flexion contractures. Apply the SOFT neoprene (type) band from medial edge hook over the tibia to lateral edge hook of the posterior section.
- ✓ Fold the anterior socket section over the neoprene (type) band, double check distal pad compression and secure fork strap to the extension strap with minimal upward pressure.
- ✓ The MPT strap, MPT socket relief area, and patient MPT must all be anatomically located for proper fit and function. The MPT strap should be loose enough to slide a finger under it when the patient is NOT bearing weight. When ready to bear weight the MPT strap and waist belt must be tightened. After weight bearing the waist belt and MPT strap must be returned to their relaxed positions.

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## PATIENTS, NURSES, HOME HEALTH & FAMILY HELPERS

### - SUGGESTED POST-SURGICAL PROTOCOL:

#### *\*Daily Hygiene, Range of Motion and Transfer Recommendations:*

- ✓ \*Remove the FLO-TECH-TOR™ socket 2 times per day.
- ✓ \*Remove the outer fitting sock (or stockinet) and the polyurethane distal end pad.
- ✓ Examine (**do not remove**) the innermost post-op fitting sock (or sterile stockinet) for signs of excessive bleeding or drainage
  - ***If excessive blood or drainage is found, contact the Physician immediately!***
  - **If only mild spotting is noted, make a record and proceed.**
  - **Record the size and location of the spotting.**
  - **If the spotting becomes excessive at some later point contact the Physician.**
- ✓ Wash the reticulated distal end pad with an anti-bacterial soap; rinse well, dry the pad by gently compressing it in a towel (DO NOT WRING), reapply the pad and a clean dry outer sock over the pad.
- ✓ Re-apply the FLO-TECH-TOR™ socket with: neoprene (type) band attached to the posterior, securing the pads in place, protecting the tibia and under the anterior socket section.
- ✓ The strap at the mid-patella tendon (just below the knee) should be loose enough to slide 1 to 2 fingers under it.
- ✓ When standing the strap and the waist belt should be tightened.
- ✓ **When in bed or reclined in a chair the mid-patella tendon strap should be loose enough to slide 1 to 2 fingers under it.**

**\*THE COMPLETE HYGIENE PROCESS SHOULD TAKE NO LONGER THAN 20 MINUTES EACH TIME.**

## PHYSICAL THERAPISTS - SUGGESTED POST-SURGICAL PROTOCOL:

### *Daily Use, Rehabilitation and Training:*

- ✓ Weight bearing **MUST** be authorized by a Physician.
- ✓ Patients may begin early contact weight bearing upon receipt of the FLO-TECH-TOR™ either on a tilt table, or by standing on a pillow with a chair supporting the distal socket.
- ✓ Patients should be encouraged to begin monitored use of the FLO-TECH-TOR™ in conjunction with the UFOS™ as soon as they are able (usually 24-hours to 7-days post-op).
- ✓ The extension strap is detached from the FLO-TECH-TOR™ fork strap and secured to the UFOS™ fork strap.
- ✓ When the time is right, patients should be encouraged to keep possession of the UFOS™.
- ✓ Training, prior to and after receiving the UFOS™ **MUST** stress: caution, following strap procedure, transfer skills, form (posture and balance), navigating obstacles and being aware of and reporting fitting problems as they develop.
- ✓ The patient should return to his/her licensed or certified Prosthetist as often as appointments are scheduled.
- ✓ The Prosthetist, **with a Doctor's prescription**, will provide a VCSPS™ (Variable Control Supra Patella Socket [a pre-fabricated preparatory prosthesis]) to be used with the same UFOS™, when the patient is ready for knee flexion and full weight bearing.

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