

Transtibial Donning Instructions

The CJ socket is a user adjustable socket. It is essential the socket is applied properly for safe function. Please review these instructions with your prosthetist. Your socket should not cause any abnormal pain or skin irritations. Do not hesitate to call with any questions or report any issues that may arise.

1. Apply your clean gel liner over clean skin in the normal manner. Make sure to eliminate any trapped air and avoid stretching the gel liner.
2. A sock may be applied for comfort. It can also be used to adjust the fit. Make sure the pin is in line with the residual limb. **(Fig. #1)**
3. Loosen the closure straps on the socket's sail to maximize the socket opening **(Fig. #2)**
4. Don the socket fully, ensuring full distal contact in the socket. The sail may require being pulled up to proper position. The flexible sail material can be designed higher than traditional sockets (up to 1" proximal to MPT). This is often advantageous for greater AP control and should not reduce knee flexion. **(Fig. #3)**
5. Prior to tensioning the sail's closure straps, it's helpful to extend the knee and push the rigid socket firmly against the residual limb to eliminate any gapping. **(Fig. #4)**
6. Tension the sail's closure straps while seated. Take care to tension the straps evenly and not rotate the socket. It's best to retighten the straps several times working up and down to create an even and comfortable tension. **(Fig. #5)**

7. Your residual limb volume can change quickly (sometimes after taking a few steps) and requires retightening of the sail to compensate for the lost volume and to maintain proper socket function. **(Figs. #6 & #7)**



#1



#2



#3



#4



#5



#6



#7