



Prevail Prosthetics & Orthotics

AMPED UP NEWSLETTER

Spring 2020

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Inspirational Video

https://www.youtube.com/watch?v=KU_H9uZWUNM&feature=youtu.be

Covid-19 Update for our Offices



This situation is very fast moving and we are trying to stay on top of all the information out there. Our main goal is to make sure our employees and patients are put in a safe environment. As of now, we are staying open to serve our patients. We do however, ask if you are sick in any way please call

and reschedule. We also will be staggering our practitioner days and their appointments for social distancing. When you come for your appointment please stay in your car and call us so we can let you know if it is safe to come in. We also are limiting the office visit to the patient and one caregiver. Up-to-date decisions will be on Facebook and our website at www.prevailpando.com. If you have any questions please call us at 1-800-745-3295. Thank you for your support and understanding.

Prosthetic Sock Ply Management

Prosthetic socks are worn over the residual limb within a prosthesis. Almost all types of prostheses are designed to be worn with a sock. Where the socks go (over or under the liner) depends on what type of suspension system you have so please be sure to ask your prosthetist before putting on socks. Prosthetic socks are available in various materials and thicknesses. Socks can add cushioning, reduce friction against your skin, and provide a means of adjusting the fit of the socket.

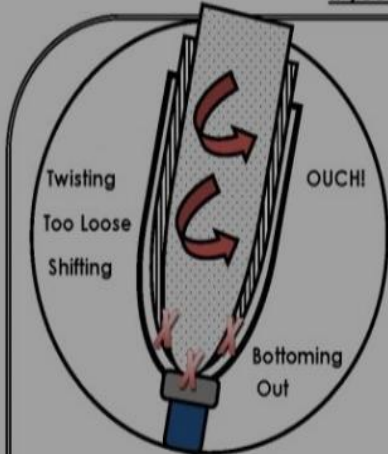
Early in your rehabilitation, the limb becomes small as the swelling subsides. Some muscle shrinkage is also likely to occur because the muscles in your calf normally function to move your ankle. When you no longer have an ankle to move, these muscles aren't used, and they shrink. Also, as your body gains and loses weight, these changes will be reflected in your residual limb.

To maintain a proper fit for your prosthesis, it is necessary for you to add and remove socks. This can be done by adding a thin sock over the existing sock or by replacing the existing sock with a thicker one. Prosthetic sock's thickness is rated in "plys". Your prosthetist may give you socks of varying thicknesses so you can manage your socket fit. Therefore, if you know the ply thickness you are wearing and the socket feels a little loose, you simply add more ply. For example, if you are wearing a 3-ply sock and you want the socket to fit a little tighter, you could add a 1-ply sock for a total of 4-ply. If this still feels a little loose, you may either add another 1-ply (for a total of 5-ply) or you could remove both the 3-ply and 1-ply and don (put on) a 5-ply sock. In general, it is better to reduce the total number of individual socks by using thicker socks. This will help lessen the chance of getting wrinkles in the socks. Wrinkles are to be avoided because they cause higher pressure in the area of the wrinkle and can rub on and injure the skin.

It is important to keep your socks clean and to wear a clean sock each day. Most prosthetic socks come with washing instructions. Follow these instructions carefully. It is also useful to keep the package or label from your prosthetic socks so that when it's time to reorder, you have a record of the type of sock you use.

How to use your PROSTHETIC SOCKS

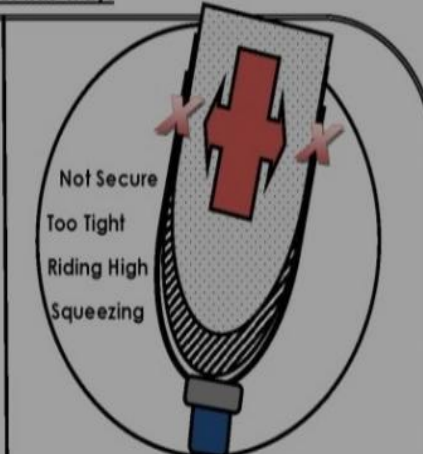
If you feel this way:



DON means put on.

DON

Put on thinner socks (1 and/or 3 ply). If that is not enough, remove those socks and add a thicker sock (for example, 5 ply).



DOFF means take off.

DOFF

Try removing some thinner socks (1 or 3 ply). If that is not enough to increase socket comfort, remove some thicker socks.

CHECK ✓

Your Socket for
Fit & Comfort

MORNING

Before 11:00am

AFTERNOON

Before 3:00pm

EVENING

Before 7:00pm

Care for your socks: Machine Wash Warm, Tumble Dry Warm or Hang Dry

Cranial Molding Helmets During Covid



During this time of social distancing, shelter-in-place and quarantine directives due to COVID-19, we want to remind you to continue to promote head shape correction with your baby's helmet treatment program.

This time at home provides opportunities for lots of supervised tummy time and play activities to strengthen neck and back muscles.

Wearing the helmet 23 hours per day will direct all of the cranial growth towards the open areas inside the headband.

Remember that the helmet is designed and made with these open areas for correction, but the orthosis must be worn at all times to effectively direct all head growth into these areas.

Skin discoloration that fades is normal even if it does not disappear completely. Monitor the holding areas of the headband with regular skin checks each day. As long as the pinkness or redness fades within an hour, you can continue with full time wear!

Remember to clean and disinfect the helmet each day to prevent skin irritation. Cleaning the band daily and wiping out the helmet at each diaper change will minimize the chance of skin irritation.

Do not modify or make adjustments to the helmet on your own. Your orthotist is specially trained to know when adjustments are needed and what adjustments to make to keep the helmet fitting correctly. Making adjustments on your own can compromise the fit and function of the orthosis. Improper adjustments may result in the need for a second helmet.

Stay in touch with your Prevail clinician. There are many questions your orthotist can answer over the phone to help you successfully continue with helmet treatment during this time of social distancing and limited office visits. We are open for adjustments and concerns. Please call 1-800-745-3295

What Makes Prevail Different?

1. Our main focus is on patient care
 2. Free motivational seminars
 3. Free orthotic and prosthetic patient-to-patient mentoring
 4. Team approach to patient care. We will come to doctor and physical therapy appointments to ensure coordination for successful patient outcomes.
 5. Over 125 years of combined orthotic and prosthetic experience
 6. Access to the newest devices on the market
 7. An advanced website to compare and contrast products
 8. Free documentation advice for professionals
 9. 5 convenient locations
 10. Responsive 24/7 on-call services: 260-414-6683
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