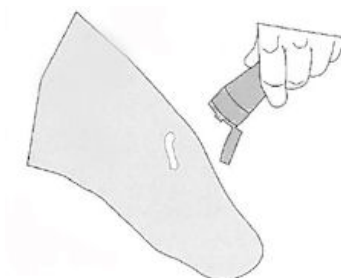


# Academy Tech Tips

## Caring for Your Urethane Liners



### **Caring for your skin**

Your skin is the most important element,

Check your limb every time you use and remove the liner. We recommend applying Sensi-Care lotion to the limb before every use.



### **Caring for your liner**

At least once a day, (such as right before you go to bed) carefully examine your liner for tears or abrasions. If you find any wear notify your prosthetist. Wash your liner with a Non- Allergenic, Alcohol Free Soap.



After washing the liner, pat dry with a towel.



## Donning your Liner

Invert liner inside out



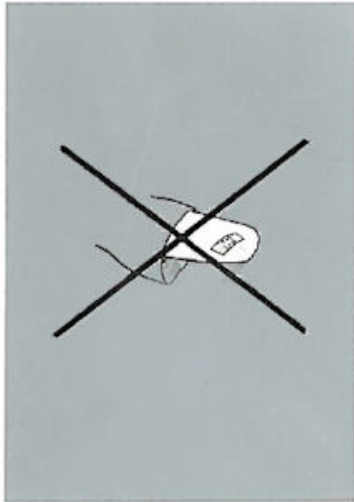
Spray a small amount of water and soap inside and rub the liner walls together to spread it around. This lubricant will make it much easier to apply the liner. Line up the front of the liner with the front of the limb. Place the inverted liner snugly onto the end of the limb. Slightly bend your knee and gently roll the liner over the limb.

Line up the front of the liner with the front of the limb. Place the inverted liner snugly onto the end of the limb. Slightly bend your knee and gently roll the liner over the limb.



Remove any air pockets by placing your hands on the sides of the liner and lightly slide them from the bottom of the liner to the top a few times to burp out any trapped air.

There should be nothing between the limb and the liner.



You always want to make sure you do not use alcohol or any lotions or soaps that contain alcohol. This will degrade the liner and will make the liner tacky.

