

Flo-Tech



- A Flo-Tech is a one piece postoperative plastic socket worn on the residual limb following an amputation.
- It limits knee flexion (bending the knee), maintains knee alignment, and prevents flexion contractures.
- It protects the residual limb from bump, friction, and impact injuries.
- The design helps provide gentle control of fluids in the healing residual limb.
- It covers and protects the limb while at the same time allowing access for surgical site inspection and wound dressing changes.
- It is ***always*** worn with a surgical sock to protect the skin and tissue.
- Always follow specific instructions given to you by your doctor and practitioner.



How to Wear the Flo-Tech

- It ***may or may not*** be worn with a shrinker. Your doctor and practitioner will instruct you about wearing a shrinker. It is common, you will first just wear the Flo-Tech. Then, as you continue in the healing process, a shrinker will be added to add a higher compression pressure to the limb as a way to reduce swelling.
- It is important to wear your Flo-Tech 23 hrs. a day or as prescribed by your doctor. This protects your limb from bedding rubbing, bumps against a bed rail, bumps against a wheel chair or walker.

Precautions

*** DO NOT weight bear on your residual limb!**

* If you find any areas of concern or have questions, *contact your practitioner or doctor before wearing your Flo-Tech.*

* If your limb becomes painful, cold or numb while wearing the Flo-Tech, *remove it and consult your practitioner.*

- Wear a clean sock every day. ***Do not*** wear socks for several days before washing.
- Make sure the sock (and shrinker if applicable) is smooth and wrinkle free on your residual limb.

Daily Hygiene Recommendations:

- Remove the FLO-TECH socket 2-3 times per day. Once at bed time, once in the morning, during dressing changes.
- Remove the outer fitting sock and the polyurethane distal end pad.
- Visual examination should reveal a total contact fit.
- Examine (do not remove) the wound dressing 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 the size and location of the spotting. For record, you may choose to take a photo if you have a smart phone. The proceed.
 - If the spotting becomes excessive at a later point in time contact the physician immediately.
- Wash the distal end pad with an anti-bacterial soap; rinse well, dry the pad by gently compressing it in a towel. **DO NOT WRING!** Once the pad is completely dry, insert into the Flo-Tech and apply the Flo-Tech to the limb.
- Re-apply the Flo-Tech socket in about 20 minutes from when it was removed.
- Wash the socks every day.
- If the polyurethane (foam pad) becomes soiled. Hand wash it with an anti-bacterial soap; rinse well, dry the pad by gently compressing it in a towel (DO NOT WRING). Make sure the pad is ***completely dry*** before wearing the Flo-Tech again.
- While the Flo-Tech is removed. The patient should follow the doctor and therapist recommendations for bending the knee as directed for range of motion.

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Components of the Flo-Tech System

Neoprene Thigh Band – This wraps around the thigh section (above your knee) of the device on the front side. It should be worn securely as it provides gentle control of fluids.

The Flexible Plastic Outer Socket – The residual limb fits into this part of the brace. The longer section goes on the back of your leg. This prevents your knee from bending. The front panel goes inside the back panel when you fasten it together. It should fit up onto your thigh to help reduce flexion (knee bending) contractures.

The Fork Suspension Strap – This strap is attached to the plastic shell. It should be positioned on both sides of your knee cap. The metal ring should be pointing up toward your head. This is where the waist belt fastens to the Flo-Tech, so that when you stand, the device stays on your leg.

The Wasit Band – This fastens around your waist with Velcro.

The Suspension Strap – This is the strap that hangs down from the waist belt. This should be positioned down the front of your thigh on the leg that has been amputated. This velcros into the metal D ring to fasten the Flo-Tech to the waist Belt.

MPT (Mid Patella Tendon) Strap – This is the Velcro strap just below your knee cap. This strap should be worn snugly (not tight) when you are standing.

Post-Operative Sock – This is worn over the wound dressing of your residual limb. It needs to cover all areas of your skin that would contact the Flo-Tech. This protects your skin and tissues from the plastic and Flo-Tech Device from rubbing on your skin.

Neoprene Calf Band – This wraps around the lower part of your residual limb. It goes over the front plastic section and fastens on the sides of the back section. This should be worn snugly to apply compression and protection to your limb.

2 Foam Distal End Pads – These 2 foam pads are different thickness. You may need to use one or both foam pads when you wear your device. You want the foam pads to fill the end of the plastic socket so that your limb touches the foam pads when the device is secured to your leg. This protects your limb. Overtime, as your limb shrinks and your wound dressings are not as thick, you may need to add an extra pad to create contact.



How to Apply the Flo-Tech to Your Residual Limb

- If you have been prescribed and directed to be wearing shrinkers, apply the shrinker to your leg over your wound dressings. Follow the instructions provided to you for wear and care of the shrinker.
- Next, Roll the post-op sock OVER your wound dressings (and shrinker if applicable). The sock should cover all aspects of your leg that would otherwise come in contact with the Flo-Tech.
- Remove the neoprene wraps on the Flo-Tech.
- Unfasten the MPT strap of the Flo-Tech.
- Make sure the foam pad is in the bottom of the Flo-Tech. Use the appropriate thickness pad, so that the distal end of the limb is in contact with the pad and the MPT strap is positioned on the MPT of the leg.
- Pull open the front panel of the Flo-Tech. The front panel is the section that has the fork suspension strap attached to it. The back panel is the longer of the 2 panels.
- Gently place your residual limb into the Flo-Tech.
 - Making sure the distal end of your limb contacts the foam pad in the bottom.
 - Making sure your knee cap is positioned above the front panel of the Flo-Tech.
 - Making sure the front panel tucks into the back panel.
- Fasten the MPT strap around the Flo-Tech snugly.
- Fasten the lower section neoprene panel around the lower part of your leg. This panel covers the front of the device and velcro's to the back panel. This panel needs to be fastened snugly.
- Fasten the upper section neoprene panel around the upper part of your leg. This panel covers your leg on the front and fastens to the back panel.
 - Make sure the fork strap is OUTSIDE of the neoprene panel.
- Wrap the waist belt around your waist and Velcro it snugly to your waist.
 - The suspension strap has been attached to the fork strap by your prosthetist. This will be loose when you are sitting. However, when you stand up, the strap will be snug to keep the Flo-Tech on your residual limb.
 - If the suspension strap is unattached to the fork strap. Velcro it through the metal D-ring in the fork strap, so that it is loose when you are sitting and snug when you are standing.



View from top with patient in supine.



Side View of Flo-Tech with patient in supine.

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