

Rehabilitation Timeline

AFTER AMPUTATION



PRE-OPERATIVE

- Consultation with your chosen prosthetist
- Obtain Rx for post-operative limb protector and shrinkers



0-3 WEEKS

- Surgical recovery and wound management
- Fit with post-operative device and wear as instructed
- Residual limb shaping
- Complete post-operative exercises as recommended by physical therapy



4-5 WEEKS

- Suture removal
- Fit with shrinker and wear with post-operative device as instructed
- Obtain Rx and schedule initial prosthetic evaluation
- Continue rehabilitation exercises



1-2 MONTHS

- Measure and cast for prosthesis
- Fit with first prosthesis



2-4 MONTHS

- Take home first prosthesis
- Complete prosthetic gait training with physical therapy
- Residual limb volume will continue to stabilize



LIFELONG

- Maintain optimal fit of the prosthesis due to limb maturing and natural volume changes