

## HEALTH PROFESSION SKILL

# Shrinking and Shaping a Residual Limb: Physical and Occupational Therapy

EVALUATOR \_\_\_\_\_

EXAMINEE \_\_\_\_\_

SIGNATURE \_\_\_\_\_

SIGNATURE \_\_\_\_\_

DATE \_\_\_\_\_

 PASS FAIL

## Procedure Steps

1. Perform hand hygiene and put on personal protective equipment, as appropriate.
2. Verify pain is appropriately managed before manipulating residual limb.
3. Assess residual limb color, temperature, sensation, skin integrity, and healing of incision. Note and report abnormalities, such as edema or skin breakdown. For dark-pigmented skin, use appropriate skin assessment strategies.
4. Elevate residual limb on pillow for wrapping or have assistant help with positioning.
5. Wrap bandage medially around distal end of residual limb in a diagonal pattern, each layer of bandage overlapping previous layer slightly.
6. Continue wrapping diagonally toward proximal end of residual limb (alternately, a figure-eight pattern can be used).
7. Apply appropriate and even level of pressure by stretching bandage about two-thirds amount elastic will allow.
8. APPLY SLIGHTLY MORE PRESSURE AT DISTAL END OF RESIDUAL LIMB THAN AT PROXIMAL END TO REDUCE EDEMA AND MOLD RESIDUAL LIMB FOR PROSTHETIC FITTING.
9. Spread layers out evenly to cover residual limb.
10. Use a second elastic bandage, as needed, for large residual limbs.
11. Finish wrapping residual limb as appropriate for type of amputation.
12. FOR LOWER-EXTREMITY AMPUTATION, FOLLOW THESE STEPS:
13. Wrap until bandage reaches groin.
14. Wrap 1 full turn around patient's waist (for above-knee amputation) to prevent slippage. This is usually not necessary for below-knee amputation.

15. Bring end of bandage back down toward extremity.
16. Continue wrapping extremity if there is sufficient bandage.
17. Secure end of pressure bandage using tape or safety pins.
18. FOR UPPER-EXTREMITY AMPUTATION, FOLLOW THESE STEPS:
19. Wrap until bandage reaches armpit.
20. Wrap 1 full turn around patient's upper chest (or above-elbow amputation) to prevent slippage. This is usually not necessary for below-elbow amputation.
21. Bring end of bandage back down toward extremity.
22. Continue wrapping extremity if there is sufficient bandage.
23. Secure end of pressure bandage using tape or safety pins.
24. PREPARE TO APPLY A SHRINKER (IF PATIENT HAS AN AMPUTATION OF LOWER EXTREMITY AND INCISION SITE HAS HEALED):
25. Stretch shrinker.
26. Hold open end of shrinker with both hands.
27. Roll edges toward closed end.
28. Place open end of shrinker at distal end of residual limb.
29. Roll shrinker upward on residual limb.
30. Avoid wrinkling.
31. Check open end of shrinker is positioned without any folds against skin.
32. Inspect residual limb to ensure residual limb is a cylindrical shape and there are no wrinkles in wrap.
33. Remove gloves and perform hand hygiene.

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