Semi-Rigid Removable Dressing (SRRD)

The purpose of the semi-rigid removable dressing is to decrease swelling, help wound healing, provide protection and help shape the limb to prepare for use of a prosthesis. An added benefit of the SRRD is that it is molded to fit your leg above your thigh, which will help keep your knee straight. This will also help to prevent the knee from getting contracted in a bent position. The SRRD should be worn both day and night except when bathing or performing skin inspection.

Putting on your SRRD
1. Apply stump socks to the residual limb over the stump shrinker, if present. The socks should be applied one at a time and carefully to avoid wrinkles. Any wound dressings should be as thin as possible to avoid a pressure point in the socket. An ace wrap should not be worn with an SRRD.
2. Gently pull on the plastic cast. Make sure the front of the cast lines up with the middle of your residual limb. The front of the cast is the open area with Velcro straps.
3. Secure the straps both above and below your knee as appropriate. The cast should be snug and be in gentle contact with the bottom of your residual limb.

If your SRRD is loose or easily falls off
Your SRRD should fit snugly. When the SRRD can be rotated ¼ turn on your leg or easily slides off without effort, it is too loose and either the Velcro straps need to be tightened or stump socks should be added. Make sure you have it securely tightened around the thigh when standing and walking.

If your SRRD is tight or hard to put on
If your SRRD feels tight or is difficult to put on, slightly bend your knee to relax the muscles and try again. If it still difficult to apply the SRRD, it may be necessary to remove one of the stump socks. If you are still unable to get the SRRD on, ace wrap the residual limb for a few hours, elevate your leg and then try again.

Sock care
Wash the socks regularly as per manufacturer guidelines (usually machine wash gentle/cold or hand wash with gentle detergent). Allow socks to air dry. Do not put the socks in the dryer.

Residual limb care
Wash your residual limb with mild soap and water. Always allow your skin to dry thoroughly before applying the SRRD. Monitor your skin at least daily for changes in skin color, the presence of any scrapes or redness, or increased drainage.

Avoid getting the SRRD wet. If the SRRD does get wet, allow it to fully dry prior to reapplying it to your limb.

Final reminders
Always have at least one layer of sock under the SRRD. If you have pain or discomfort that persists when wearing the SRRD, remove the SRRD, inspect your limb, wrap your limb with an ace bandage and contact your therapist or doctor.
Suggested SRRD Stump Sock Progression

- Begin with 3-ply sock
- When loose, change to 5-ply sock
- When loose, try 3-ply + 3-ply socks
- When loose, try 3-ply + 5-ply socks
- When loose, try 5-ply + 5-ply socks
- When loose, try 5-ply + 3-ply + 3-ply socks
- When loose, try 5-ply + 5-ply + 3-ply socks
- When loose, try 5-ply + 5-ply + 3-ply + 3-ply socks
- When loose, contact your therapist, doctor or prosthetist regarding your progress.