

# How to put on your removable rigid dressing (RRD)

One of the initial steps in preparing your residual limb for a prosthesis is the use of a removable rigid dressing (RRD). An RRD is a cast that goes up to the kneecap and is custom made to the shape of your limb. The purposes of the RRD are to:

- reduce the amount of fluid or oedema in the limb
- keep the residual limb at a more consistent volume
- “shape” the residual limb so that it is a more ideal shape and size to fit into a prosthesis
- protect the limb from bumps or falls
- allow for easy access to the limb for inspection and cleaning.

## Important note:

A delay in reapplication of the RRD may result in an increase in limb volume. Please **do not** remove the RRD from your residual limb for longer than **10-minute** periods.

## Reminders:

**Wear the RRD at all times**, day and night, except when you are bathing yourself or the limb is being inspected.

**Keep your leg straight** when sitting or laying down. Do not let your leg hang downward when sitting. Do not sit with your knee bent.

## Fitting

### 1. Apply stump sock to the residual limb

- It is important at this stage to remove all wrinkles in the sock

### 2. Gently slide on cast

- When sliding the cast on, note the location of the kneecap (this is marked on the cast).
- The application of talcum powder to the inside of the cast will assist with donning.
- If the cast is loose on the residual limb after donning, an extra stump sock may need to be applied.

### 3. Apply outer stockinette

- Tightly pull the outer suspension stockinette over the cast to mid thigh level.

### 4. Snugly fit supracondylar cuff

- Note the kneecap cut out in the supracondylar cuff, and fit the cuff immediately above the kneecap.
- Secure the elastic strap around the thigh.
- Ensure that no tension is applied to the elastic strap.

### 5. Secure the suspension stockinette

- To secure the suspension stockinette, fold it backward over the cuff.