Useful Notes
You have been fit with an IPOP which was ordered by your doctor. The IPOP is used to provide protection to your amputated limb as it heals. It will also help prevent your knee from bending and getting stuck in a bent position, also called a knee contracture. You may also be fit with a stump shrinker to be worn directly on your skin, over light dressing on your surgical incision. In addition to the shrinker, a clean sock will be worn under your IPOP. The sock will reduce friction and protect your skin, making application of the IPOP easier. The sock should be wrinkle free and higher than the top of the IPOP. If perspiration is heavy, you may need to change sock more than once a day.

Donning (Putting IPOP on):
1. Place stump shrinker on limb (if you have one.)
2. Place at least one sock on limb over stump shrinker. The more your limb reduces in size, the more socks you may have to use to make up loss of volume in plastic clamshell portion.
3. Open all straps on clamshell to maximum end point.
4. Slide limb into plastic clamshell portion, making sure foam padding is in the end of the socket.
5. Fasten white strap below kneecap to secure clamshell on limb.
6. Place large black neoprene straps above and below the white strap. They attach to the thick black velcro strips on clamshell.
8. Put waist strap on, looping the FLO TECH strip though metal D-ring to secure on waist. Make sure the strip attaching to the clamshell comes down the front of your affected limb so it can attach to clamshell.
9. Place thin black velcro strip through the metal ring above knee on v-shaped strap. This will help keep clamshell on limb during transfers and while standing with therapy.
Cleaning IPOP
To clean the inside of your IPOP wipe down with rubbing alcohol. Clean at least once a day every day. If end pads get soiled, they can be rinsed out and squeezed dry. Protect your orthosis from extreme heat, as it may change shape.

Skin Checks
Carefully check the leg for pressure areas after each wear period. Remove the IPOP and sock. Note any redness or irritation, particularly over bony prominences. The redness should disappear with 30-40 minutes. If the redness persists, or is accompanied by skin breakdown, fluid discharge or swelling, call the office for instructions and a follow-up appointment.

Therapy Progression
After your limb has healed enough to be able to bear weight, your doctor may order the outer socket which attaches to the clamshell portion of the IPOP. This will have a foot attached to it and you can put a shoe on it as you begin to bear weight on that side. Depending on your timelines, we may progress to your first prosthetic socket and forgo the outer socket fitting. This will be determined in time according to your doctor, prosthetist, and physical therapist.

Follow up
We will be following up with you every few days to check your limb and make sure the IPOP is working well for you with therapy. You will notice the more you wear this device, your limb will continue to shrink. The IPOP may help reduce some post operative pain and also shape limb for a future prosthetic fitting. In the meantime, please call us with any questions and concerns so we may follow up with you as needed.

1600 Wilson Boulevard, Suite 200, Arlington, VA  22209  703-807-5899  contactus@infinitetech.org
www.infinitetech.org