

## **Commonly used terminology**

**Abduction** – a movement which positions the limb further away from the body.

**Adduction** – a movement which brings the limb closer to the mid-line of the body.

**Alignment** – the spatial relationship between the prosthetic socket and the prosthetic foot

**Anterior** – towards the front of the body.

**Check socket** – a temporary socket made of transparent plastic that is used by the prosthetist to diagnose the fit of the socket.

**Contracture** – tightening of the muscles, tendons, or ligaments that prevents normal movement of a joint.

**Cosmesis** – the outer covering of a prosthesis, aesthetics.

**Definitive prosthesis** – a replacement for a missing limb after all post surgical swelling has subsided.

**Disarticulation** – amputation through a joint (i.e. ankle, knee, hip).

**Donning and Doffing** – the process of putting on and taking off a prosthesis.

**Dorsiflexion** – pointing the toe or foot upwards.

**Edema** – swelling of the tissues.

**Eversion** – to turn outward

**Exoskeletal** – a prosthesis that is hollow on the inside and has a rigid outer covering.

**Extension** – a position of increasing the joint angle, straightening out.

**Flexion** – a position of decreasing the joint angle, bending.

**Gait Training** – learning, usually from a physical therapist, how to walk safely and properly with a prosthesis.

**Immediate Post-Operative Prosthesis** – an artificial limb that is applied in the operating room after the amputation has occurred.

**Inversion** – to turn inward.

**Lateral** – away from the midline of the body, to the side.

**Liners** – a sleeve or covering of the residual limb that is used for suspension, cushioning and protection.

**Medial** – towards the midline of the body

**Myodesis** – a process during an amputation where the muscles are attached to the bone

**Myoplasty** – a process during an amputation where the muscles are attached to opposing muscles.

**Neuroma** – a nerve ending that is cut during an amputation that can “ball up”. Neuromas are usually extremely sensitive and painful.

**Occupational therapist** – a person trained in gaining greater independence for patients through rehabilitation and relearning how to perform activities of daily living efficiently and safely.

**Occupational Therapy** – evaluation and training for a patient guided by a licensed occupational therapist which focuses on maximizing the activities of daily living.

**Pedorthotist** – a trained healthcare practitioner who specializes in orthopedic footwear and foot orthoses.

**Phantom Limb Pain** – pain that feels as if it is coming from an area below where the amputation occurred.

**Phantom Limb Sensation** – the feeling that an amputated limb is still attached to the body.

**Plantar Flexion** – pointing the toe or foot downwards.

**Physical Therapist** – a person trained in the rehabilitation of patients who have limited or lost functions of mobility.

**Physical Therapy** – evaluation and training performed by a licensed physical therapist which focuses on exercise, reducing pain, and regaining mobility.

**Posterior** – towards the back of the body.

**Prosthesis** – an artificial body part

**Prosthetist** – a trained healthcare practitioner who evaluates, fabricates, fits and adjusts prosthetic devices.

**Pylon** – a structure that is used to connect the prosthetic socket to the prosthetic ankle/foot complex.

**Residual Limb** – the portion of the limb that remains after amputation.

**Shrinker** – a prosthetic sock created of elastic material that is used in reducing swelling of the residual limb

**Socket** – the part of the prosthesis that fits around and protects the residual limb; usually made of thermoplastic, laminated, or carbon composite material.

**Socks** – a sock that is fabricated to fit the residual limb. It is used to manage the loss of volume in the residual limb throughout the day.

**Sound Side Limb** – the non-amputated or non-affected limb

**Symes** – amputation through the ankle joint that still maintains the fatty heel pad for cushioning.

**Temporary Prosthesis** – a prosthesis that is fabricated soon after amputation. This prosthesis is used until post-surgical swelling has subsided.

**Transfemoral** – amputation that occurs at a level above the knee joint but below the hip joint.

**Transtibial** – amputation that occurs at a level below the knee joint but above the ankle joint.