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.