



Swim and Shower Legs

Standard artificial legs cannot be exposed to water because many components used in them would rust. Swim and shower legs, however, include components that are waterproof and will not corrode.

The standard swim leg has holes (see right) in the outer shell. These holes allow the limb to fill with water, reducing buoyancy while swimming, and enable water to drain from it after the amputee leaves the water. (If an amputee has a long residual limb that extends most of the inside length of a prosthesis, such as a Symes amputee, buoyancy is usually not a problem and the holes are not required.)

Swim legs may incorporate special knee joints and/or ankle joints that meet the unique requirements of being in and around water.

A custom leg designed for use in the shower might not include holes that allow water to enter the leg since buoyancy is not an issue when taking a shower. Some prosthetic manufacturing companies have their own versions of shower legs.

Any leg that is used for walking around wet, slippery surfaces, such as around a pool or in the shower, should have a non-slip surface on the bottom of the foot to prevent slipping.

Prosthetists will often design a custom fitting to meet your special needs.

Swimming Knees

For young above knee amputees, a knee joint is usually not included in a swim leg; instead, a simple, straight leg is fabricated with holes to allow water to partially fill the hollow interior.

A locking knee is incorporated when the amputee wishes to have a knee joint that can bend when walking around the pool or at the beach and can lock the leg into a straight position for use in the water. It is important to have a locked knee when in the water; without one, the lower part of the leg will float up and will not be stable beneath you when you need to walk in the water or keep your leg straight for your swimming kick.



The **Aulie 802** and **902 Nylon Knees** are designed specifically for water use and can be locked with a pin system. They fit in adolescent and adult swim legs.

The Ottobock **3R80** is another waterproof knee option available for adults. Activating the manual lock on the knee improves safety in wet areas.

The **Plié 3** microprocessor controlled knee unit by Freedom Innovations is water resistant for occasional submersion in water for up to 30 minutes to a depth of 3 ft. (1 m).

The **X3** microprocessor controlled knee unit by Ottobock is corrosion resistant, making it waterproof and nearly impenetrable to dust or dirt.

Sometimes when making a swim leg, prosthetists will use other knees not specifically designed for use in water. This particularly applies to limbs for young children as no commercial child's waterproof knee is available. One prosthetist used an Ottobock **Single Axis** child's locking knee that locks or unlocks with a cable; although the components will corrode over time, the knee was inexpensive enough to justify using it in a swim leg to provide a child with a bending knee for walking and the security of a locked knee for swimming. Another prosthetist adapted an Ottobock **3P21** knee for a knee disarticulation adolescent so it could be locked using a small removable pin.

Swimming Ankles

Ankles can be incorporated into swim legs to allow the swimmer to lock the foot into a pointed position, simulating the natural position of a foot when swimming. The ankle is locked into one position for walking, and then changed to a pointed position for swimming.

The **ActivAnkle** and **Swimankle** both enable the amputee to change the foot position from walking to swimming and are suitable for adolescents and adults.

Aulie Knee



Ottobock 3R80



Ottobock X3



Swim Ankle

Shower Legs, Beach Legs and Limb Covers

The **Aqualimb** by Endolite has a one-piece design, eliminating the need for any customizing. An optional suspension sleeve is also available. It incorporates a SACH foot and is suitable for adolescents and adults. It has non-slip treads on the sole of the foot and can also be worn for activities at the beach or pool.

The **Fillauer Shower Leg** is waterproof, lightweight and has a soft rubberized foot. A variety of transfer paper patterns are also available.

The **Aqualine** by Ottobock offers a line of components designed for use in water. It features an Aqua knee and foot with treads.

Limb covers help provide protection for your everyday prosthesis. Fabtech Systems **Advanced Cover System** is available in above knee and below knee versions. It helps protect against light water sports, snow, mud and sand. The **Dry Pro** has a watertight vacuum seal that allows for swimming, showering and bathing. Speak to your prosthetist to find out if a limb cover is appropriate for you.

Aqualimb



Fillauer Shower Leg



Aqualine



**Fabtech Systems
Advanced Cover
System**

