



# It's a Perfect Part of Me

The Importance of a Liner

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The Basics:

# 3 Things to Know About Our Prosthetic Liners

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1. Why Liners?
2. Why Silicone?
3. Why Iceross?



# 01 Why Liners?

The importance of liners in prosthetic design cannot be overstated, particularly for individuals who have undergone amputation. A well-designed socket interface plays a crucial role in enhancing the overall user satisfaction. Here are three key benefits of using liners:

- **Suspension:** Liners serve as an effective method of suspension, allowing for greater freedom of movement. This minimises the distractions caused by pistoning and rotation within the socket, enabling users to engage in daily activities with confidence.
- **Protection:** Many amputees face challenges related to compromised skin and reduced elasticity, often due to conditions like vascular disease or diabetes. Össur's Iceross liners are specifically engineered to protect vulnerable skin from excessive loads and shear forces, helping to prevent sores and other skin issues.
- **Comfort:** The residual limb often finds itself in the unfamiliar and sometimes uncomfortable environment of a socket. Iceross liners reduce movement within the socket, enhance proprioception, and improve skin care, all of which contribute significantly to user comfort and compliance.





## 02 Why Silicone?

Össur's expertise in silicone technology offers numerous advantages for prosthetic users, particularly when using the Össur-Iceross® liner made from medical silicone. Here are the key benefits:

- **Versatile Blends:** Patented Iceross production techniques create a range of silicone blends, from soft to stiffer. These blends address individual needs for tissue stabilisation and protect the residual limb by cushioning bony prominences and sensitive areas.
- **Exceptional Elasticity:** Silicone can stretch by 6-10 times its original size, allowing for total contact and conformity to various limb contours. It acts like a second skin, helping to disperse pressure peaks and reduce shear forces.
- **Active Skin Care:** Incorporation of active skin care ingredients, such as aloe vera, silicone oil, and menthol, keeps the skin hydrated and supple, promoting overall skin health.



- **Biocompatibility:** Silicone is biocompatible and free of plasticisers and stabilisers, ensuring that it doesn't cause an allergic reaction and that it does not react negatively with the skin or substances like perspiration.
- **Durability:** Medical-grade silicone boasts high tear strength, significantly increasing the durability of the liner.
- **Unique Features:** The Össur-Iceross® liner is the only material that combines adhesion, hygiene, and dimensional stability, making it absolutely skin-friendly. It cannot be absorbed by the body or the skin, ensuring a safe interface.
- **Shock Absorption:** The liner has outstanding shock absorption characteristics that minimise shear forces acting on the skin of the residual limb and on scar tissue.

# 03 Why Iceross?

In 1971, Icelandic prosthetist Össur Kristinsson decided to design and manufacture a revolutionary amputee attachment system. An amputee himself, he felt there was a gap in the market for an effective border between the socket and the skin of the residual limb.

Kristinsson called it the ICElandic Roll-On Silicone Socket – Iceross. He was a pioneer in the manufacturing of silicone liners for prosthetics, and a lot of his original design is still being used today.

Today, more than 50 years later, Össur remains an undisputed expert in the use and innovative application of silicone technology for prosthetic products.

[Watch Video](#)



How to Start?

# Take a Look at the Characteristics of Your Patient

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## A Step-by-Step Approach

Choosing the correct liner for your patient starts with examining their unique characteristics and the condition of their residual limb. Factors such as limb shape, skin condition, activity level, and comfort requirements are essential for finding the best fit.

To support clinicians, we've created an intuitive liner selection tool that guides prosthetists through assessing patient-specific needs and stump characteristics, ensuring a precise and personalised liner choice.

Explore the selection tool to enhance your decision-making and improve patient satisfaction!





# Every Patient is Different

Explore our selection tool to  
find the best liner that meets  
their specific needs!

[Find the Right Fit](#)







## Liner Choice

### Which Liner Suits Best?

# The Many Types, Characteristics and More

## What are the Different Types of Liners?

In the former section it was covered how to select the right liner based on patient characteristics and limb condition. With a wide range of options available—varying in suspension methods, thickness, material, and design—you can match each liner's features to the patient's activity level, skin sensitivity, and mobility needs. Ready to explore the options in more detail?

## Suspension options for prosthetic liners

How a prosthetic liner fits to a body depends on how it is suspended. To get more information on the different suspension options, just select any of the images below.



### **Distal Connection**

For better control & safety



### **Cushion**

Increased support & comfort



### **Seal-In**

Great for active users



### **Hybrid suspension**

Control, comfort & security in one

[Read More](#)

## The Characteristics of Prosthetic Liners

From silicone to gel and hybrid options, each liner type offers unique characteristics designed to support individual lifestyles. To find out more about all the different characteristics, click the Read More button below.



**Conical Shape**



**Tibiaguard**



**Umbrellan**



**Active Skin  
Care**



**Stabilising  
Matrix**



**Easy Glide**



**Breathability**



**Fabric Cover**



**Two-layer  
structure**



**Silken Inner  
Surface**



**Wave**

[Read More](#)

Note: Some of the features shown are optional and not included with every liner.



## Perfecting the Fit: Accurate Measurements and Precise Trimming

After selecting the right liner for a patient, ensuring a proper fit requires accurate measurements and careful trimming. Measurements should reflect the patient's residual limb, considering any unique features or changes in volume. Once measured, the liner needs to be trimmed to align closely with the body, avoiding areas of discomfort. To support this watch the videos that provide step-by-step guidance on measurement techniques and trimming methods, ensuring a proper and comfortable fit.

[Watch video on measuring](#)

[Watch video on trimming](#)



# Making the Most of a Prosthetic Liner

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1. Why Proper Liner Wear & Care Is Essential
2. Donning and Doffing: How to Guide a User in Donning and Doffing a Liner
3. Caring and Cleaning: What to Instruct on Wearing and Cleaning
4. Caring and Cleaning: What to Advise on Taking Care of the Residual Limb





# 01 Why Proper Liner Wear & Care Is Essential

The various properties and functions of the skin are disrupted in high-stress areas by wearing a prosthesis:

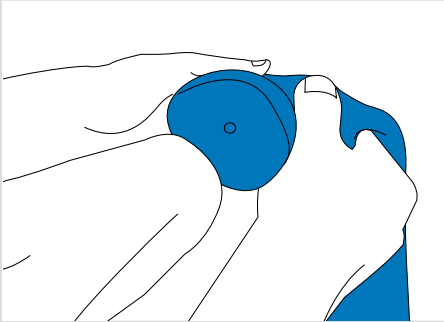
- In any prosthetic socket, the skin is subjected to pressure and friction.
- The skin's ability to regulate the temperature is affected as well.
- This combination of increased perspiration and stress leads to skin irritation and the growth of bacteria.

To avoid additionally stressing the skin, thorough cleaning and proper care of the skin and thus the residual limb are important. Proper cleaning, wearing and

renewal of the liner comes in addition to this. To fully realise the potential of a prosthesis, the wearing and caring of skin and liner is essential!

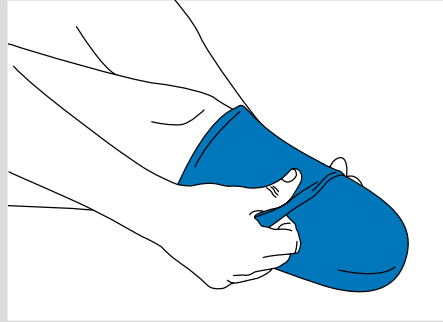
As a professional, it is important to inform your patients about these practices. By guiding them effectively, you can help ensure they achieve the full functional and health benefits of their prosthesis. The below sections give you a guide for this.

# 02 Donning and Doffing: How to Guide a User in Donning and Doffing a Liner?



Donning a Liner

[Watch Video](#)



Doffing a Liner

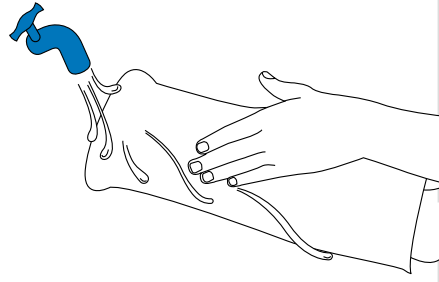
[Watch Video](#)

[Read More](#)





# 03 Caring and Cleaning: What to instruct on Wearing and Cleaning of a Liner



Cleaning a Liner

[Watch Video](#)

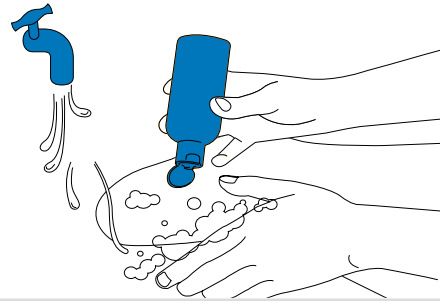
[Read More](#)





# 04

## Caring and Cleaning: What to Advise on Taking Care of the Residual Limb



Caring of a Residual Limb

[Watch Video](#)

[Read More](#)



## A Perfect Part of Me! - Users and their stories

A liner that fits well isn't just about comfort; it's about empowering you to live life on your terms. From pursuing passions to enjoying everyday moments, find out here about personal stories shared from individuals how the right liner has helped them live fully and embrace what matters most to them.





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