

## PATIENT INSTRUCTIONS

### Fracture Boots & CAM Walkers

You have been fitted with an orthopedic boot designed for healing fractures and other injuries of the foot, ankle, or lower leg. A great benefit of your device is that it provides stability while allowing you to remain mobile. Many have a rounded rocker bottom to make walking easier. The type of boot you have been prescribed and length of time you will need to wear it are based on the seriousness of your injury. Some people are allowed to take off their boot at certain times, while others are instructed to wear it for most, if not all, of the day and night.

If you have been provided with a CAM (Controlled Ankle Movement) walker, this is a specific type of fracture boot that is adjusted at the ankle joint to limit movement of the ankle and/or foot or allow a set amount of movement to occur. It is made of a one-piece foam liner attached to double aluminum uprights. If you have a CAM walker, do not change the settings that have been adjusted specifically for you.

Following your doctor's instructions and the suggestions below will help you gain maximum benefit from your device.

#### **Wearing Your Boot**

1. Before putting on your fracture boot, inspect your skin carefully. Especially for those with reduced skin sensation, it is important that you visually inspect your skin and any existing wounds rather than relying on how your leg feels.
2. If you have a wound on the limb for which the brace is prescribed, apply a clean dressing to your wound. Your doctor will determine how often you should change your dressing.
3. Always wear a clean, dry liner sock as provided under the brace. The liner sock should extend past the top of the brace. Socks should be changed as indicated by your physician or orthotist. You may need assistance to change socks.
4. Place your foot and leg into the soft liner with your heel, sole, and calf positioned as instructed by your orthotist.
5. Close the liner across the leg and foot and then secure the Velcro® straps. Fracture braces are most effective when worn snugly.
6. Be aware that changes in weight, volume, and/or muscle tone will affect brace fitting and function. Adjustments may be required.
7. Check your skin 2 to 3 times per day or as instructed by your doctor. Irritation, redness, or unusual swelling should be brought to your doctor's attention.
8. Follow the wearing schedule prescribed by your doctor. Do not change the wearing schedule or make any adjustments to your device without your doctor's direction.

### **Walking with Your Boot**

- 1. Soles of fracture boots and CAM walkers tend to be about one or two inches thick, so wearing a sneaker or supportive shoe with a similar heel size on your opposite foot will help keep you balanced.
- 2. If you have questions about which shoes are most appropriate to wear, please check with your orthotist.
- 3. When starting out, you may be instructed to use a cane, crutches, or walker. Be sure to use stair railings for safety. With some practice, most patients adjust well to walking with a boot.

### **Cleaning, Maintenance & Re-Checks**

- 1. Follow the instructions that come with your boot regarding cleaning. Typically, liners can be washed by hand in cold water with a mild detergent and allowed to drip dry. The walker can be wiped with a damp cloth.
- 2. Any frayed, torn straps, or loose hardware should be repaired immediately.
- 3. Return for a brace check and re-adjustment after two (2) weeks or as instructed by your doctor or orthotist.
- 4. If you have any problems or questions, do not hesitate to contact us at any time!

**Special instructions regarding your care:** \_\_\_\_\_

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