



## Walking Boot

You have been fit with a walking boot. Unless otherwise instructed, the brace should be used when out of bed and walking. At least once or twice per day, remove your orthosis and inspect your skin. There may be some skin redness from pressure areas. Redness which persists for more than 15 minutes after removal can be a sign of excessive pressure. If this should happen, or if there are any signs of numbness, tingling, color change, excessive itching, swelling or pain please do not reapply the orthosis and contact our office for an adjustment. Failure to do so may lead to skin irritations and discomfort.

Your walking boot should always be worn with a sock as well as a supportive shoe on the opposite foot. The sock must extend past the top of the orthosis. All straps on the orthosis should be snug, but not tight. A walking shoe or sneakers are ideal for use on your opposite foot as this will help balance your leg lengths and provide maximal support. If you have questions regarding the appropriateness of a pair of shoes, please check with us. Your orthosis can be cleaned with a wash cloth and mild soapy water. Make certain all soap residue is removed and the orthosis is completely dry before re-applying. Avoid using a hair dryer or placing near a heater to speed up the drying process as this may damage the device. Make certain the orthosis is reapplied properly, with all straps secured snugly.

For pneumatic boots, inflate the air chambers around your ankle by turning the knob clockwise until secure (be careful not to over tighten as the knob can break if turned too hard). Then press and release the air bulb until the ankle area feels secure. Air can be released from the chambers by turning the knob counterclockwise. You should hear air releasing at this point. When the air pressure feels appropriate, and to prevent further air from releasing, re-turn the knob clockwise until secure.

Be certain you are comfortable with putting on and taking off your orthosis and never attempt to modify your orthosis yourself. Please inspect your orthosis daily for any signs of wear including cracking, loose parts or decreased effectiveness of the device and call our office if needed. Also, don't hesitate to call if you have any questions about wearing the device. A yearly check up is recommended.

If you were given specific manufacturer care instructions for your orthosis please be sure to follow the directions closely.