

How to Use Your Walking Boot

Your doctor has ordered a foam walking boot for you. The purpose of the boot is to support the healing of your injured foot or ankle. A health care provider (doctor, nurse or physiotherapist) will teach you how to wear the boot.

STEPS FOR PUTTING THE BOOTS ON

1. Getting your boot and your foot ready

- + Sit down.
- + Put on your knee high sock and smooth out any wrinkles.
- + Undo the Velcro straps.
- + Take off the front plastic panel.
- + Open the foam boot liner.
- + Smooth out any wrinkles in the liner.
- + Deflate the air completely by pressing the small black button.



2. Putting your foot into the boot

- + Place your foot into the boot, making sure your heel is touching the back of the boot liner.
- + Wrap the liner around your foot and leg and secure with the Velcro (see figure 1).
- + Put the plastic panel on top of the foam liner (see figure 2).
- + Secure the Velcro straps starting with the strap at the toe and continue up with each strap towards the knee (see figure 3).
- + Adjust the tension of the Velcro straps until the boot feels secure.

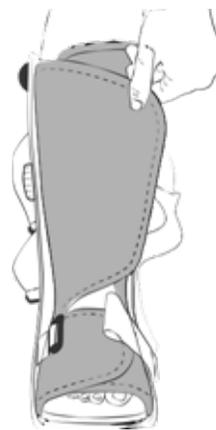


Figure 1



Figure 2

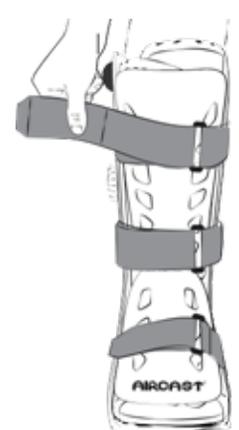
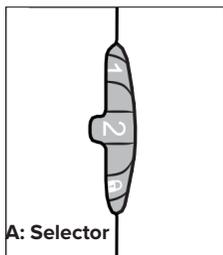


Figure 3

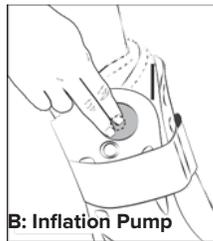
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3. Pumping up the aircells in the boot

- + Begin inflation on the injured side of your leg. Turn the selector found on the right-side of the brace to the appropriate number. Number 1 inflates the aircell on the right-side and Number 2 inflates the aircell on the left-side (see figure A).
- + To inflate the aircell, press and release the large inflation pump found on the top right-side of the brace. Pump until aircell feels snug but comfortable (see figure B).
- + To inflate the remaining aircell, turn the selector to the other number. Inflate the second aircell using the inflation pump until it feels snug but comfortable.
- + If the boot feels uncomfortable, deflate aircells until it feels comfortable (see figure C).



A: Selector



B: Inflation Pump

4. Steps for taking the boot off

- + Always deflate aircells before removing boot.
- + To deflate aircells, turn the selector to the each aircell number, then press and hold small release button found on the top right-hand side of the brace (see figure C).
- + Deflate each side until pressure feels comfortable.
- + Undo Velcro straps, remove the plastic panel, and gently slide foot out.



C: Release Button

CLEANING YOUR FOOT, THE BOOT AND SOCKS

1. Cleaning your foot

- + You should take off your boot at least once a day to wash your foot. Look at your foot daily. If you see any skin breakdown, reddened skin or painful spots call your doctor or the clinic.

How to shower if you cannot weight bear:

- + Sit on a shower stool or bench (can be found at medical supply stores or borrowed from Red Cross Medical Equipment Loan Services).
- + When you are sitting, take off your boot and keep the boot within easy reach.
- + Once you have finished your shower and have dried your foot well, put the sock and boot back on before you exit the shower.

2. Cleaning the boot and socks

- + Do not remove the foam liner from the boot.
- + If the foam liner is very soiled you may need a new one.
- + If you find your feet are very sweaty, you should change your socks two or more times a day.

TIPS TO TAKE CARE OF YOURSELF

If you have diabetes

If you have diabetes you may have partial or no feeling in your foot or leg. Therefore, check your foot or leg at least twice a day.

If you are flying

When you are flying at high altitude, the aircells in the boot get fuller. To make sure that the boot does not get too tight, loosen the straps or take some air out of the aircells. When you are back on the ground, you can tighten the straps again and put the air back into the aircells.

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Other Tips

- + As your foot or ankle heals, the swelling will go down. When the swelling goes down, the boot will fit more loosely. You may need to add more air into the aircells.
- + Do not inflate the aircells too much. The boot should just fit snugly.
- + Find out from your doctor if and how much you can “weight bear” or not. To “weight bear” means to walk on, stand on or put weight through your injured leg.
- + If you are allowed to weight bear, be careful when walking on slippery or wet surfaces as you might slip and fall. The boot does not have as much grip as a normal shoe.
- + Wear a shoe on your uninjured leg that is the same height as the boot. The heel should be flat with a good grip (such as a running shoe).
- + Always wear a knee length sock inside the boot to soak up sweat.
- + Consult with your doctor and insurance company about coverage before you plan to drive.

WHEN TO GET HELP

See your family doctor if you are experiencing any of the following:

- + You have more pain than normal.
- + You have reddened areas in your skin from the boot.
- + You think the boot is damaged in any way.
- + Your foot or toes are more numb, tingly, pale or cool to the touch than normal.
- + You have further questions.

TO LEARN MORE ASK

- + Your family doctor.
- + HealthLinkBC - call 8-1-1 (7-1-1 for deaf or hard of hearing) or go online to www.HealthLinkBC.ca
- + Lions Gate Hospital Cast Clinic: 604-984-5920
- + Richmond Hospital Outpatient Rehabilitation Department: 604-244-5140
- + Sechelt Hospital Rehabilitation Department: 604-885-8645
- + St. Paul’s Cast Clinic: 604-682-2344 Ext. 62695
- + St. Paul’s Hospital Physiotherapy 9C: 604-806-8744

RECOMMENDED FOLLOW UP

- Follow up with your primary care provider in ___ days.

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Find this information sheet on the BC Emergency Medicine Network website:

www.bcemn.ca/clinical_resource/how-to-use-your-walking-boot/

bcemn.ca

The information in this document is intended solely for the person to whom it was given by the health care team. This information does not replace the advice given to you by your health care provider.

