

WALKING BOOTS (BLEDSOE, OSSUR, AIRCAST)

Walking boots are used to immobilize the foot and ankle to promote healing and/or reduce pain. They are commonly used in place of or after a cast and may be used for sprains, fractures, tendonitis, and more. They are designed with a rocker bottom sole to allow for a more normal gait (walking pattern). It is important to be cautious on ramps and stairs while wearing a walking boot. This device should be used only by the person for whom it was prescribed, custom fit, and according to physician instructions.

Application

1. Don a sock.
2. Open all of the Velcro straps and the inner foam boot.
3. Put your foot into the boot and make sure your heel is all the way back and well seated.
4. Close the foam inner boot.
5. For the Aircast model only- now apply the plastic anterior panel. For all others-skip to Step 6.
6. Secure all straps snug.

Wearing Instructions

Follow the specific wearing instructions provided by your physician. These include whether you may or may not put your full weight onto your leg and whether or not you may remove it for bedtime and showering.

Use caution on stairs and ramps as the walking is limiting your ankle motion that would normally be used for inclines and stairs.

Care Instructions

For long term use, or in cases where the inner liner becomes dirty, the foam liner may be removed for cleaning (if your physician has granted permission to take the walking boot off). Hand-wash the inner foam boot using mild detergent. Rinse thoroughly and air dry. If the footplate of the actual boot itself becomes soiled, wipe with a damp cloth or rubbing alcohol. Ensure both, the foam liner and the boot, are completely dry prior to re-applying.

Please call your nearest Westcoast Brace and Limb facility with any questions or concerns.



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