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Orthotic Care and Wear Instructions

CAM Walker

General Description:

A CAM Walker is a walking boot that limits the movement of the ankle and or foot. An adjustable ankle joint can be set to restrict movement or allow a set amount of movement to occur. A CAM Walker may be prescribed for a severe sprain or after cast removal. It is made of a one-piece foam liner attached to double aluminum uprights.

Application:

1. Place foot and leg inside the soft liner. Make sure the heel is completely back into the soft liner.
2. Close the liner snugly across the leg and the foot.
3. Secure the Velcro straps across the foot.
4. A plastic support may be used on the front of the CAM walker. If used, place on the front of the leg prior to closing the Velcro straps. The wide end is toward the knee and the narrow end is toward the ankle no less than 1" above the ankle joint.
5. Secure all Velcro straps up the leg.
6. If needed, pads may be inserted to accommodate extra space at either side of the ankle or at the heel.

Wearing Schedule:

CAM Walker boot should be worn according to physician's specified schedule.

- ★ Make sure to check your skin every 2 to 3 hours a day.

Care and Maintenance:

The foam liner can be washed in cold water by hand with a mild detergent and allowed to drip dry. The walker can be wiped with a damp cloth.

Risks and Benefits:

BENEFITS

- Limits the movement of the ankle and/or foot.
- Reduce ankle and/or foot pain

RISKS

- May cause skin breakdown such as scratching, bruising, or blistering, which can cause serious complications if skin is not checked regularly or if device is not applied as directed.

Tips and Problem Solving:

If you encounter any problems such as noise from joints or sole material lifting, please contact your practitioner.



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