



Pneumatic CAM Walker Patient Education

Purpose: Also known as 'controlled ankle motion boot,' the Cam walker boot is required by individuals who have injured their ankle (it can be either a sprain or a fracture) and also by those who have suffered from a fracture in their foot. It is typically recommended for persons suffering from tendonitis, ligament tear and soft tissue injuries of the foot. These boots control the movement of the foot during the rehabilitation process. Unlike a standard cast, the user can remove these boots while taking a shower or while allowing medicine. Apart from that, the design of these boots permits the user to walk without the help of crutches. You could experience temporary balance issues and fatigue. This will lessen as you spend more time in the orthosis.

Activities: Please ask your physician regarding any limitations with physical activities.

Care and Maintenance:

Break In -You must wear the orthosis full time once delivered. You are not required to use this device while sleeping unless otherwise instructed by your physician.

Socks - A snug seamless sock should be worn under the orthosis.

Putting the Brace on - The pneumatic bootie is flexible enough to get your foot and leg easily inside. Once the foot and heel are properly seated in the orthosis, you can tighten the straps in the sequence demonstrated to you. The straps should be secure and tight. Lastly, you will need to turn the air knob clockwise and start pumping up the pneumatic ball until a snug fit is achieved. Once the device is snug you can begin to ambulate. Use any assistive device your physician prescribed if any.

Areas of Concern, Risks and Precautions:

- Callousing or blistering of the skin within the orthosis
- Redness that does not go away within 20 minutes
- Damage to the orthosis of any kind
- Faulty ankle joints or mechanisms
- A skin rash anywhere the orthosis is in contact with the skin

Cleaning the brace: The orthosis can be cleaned using mild soap and water. Towel dry after cleaning. Do not submerge in water as the straps will become damaged.

Follow Up:

You should schedule a follow up with your prescribing physician. If you experience a malfunction of your device, discomfort of any kind, abrasions or excessive pressure, please call our office. Should you experience any other changes to your physical condition not related to the orthosis, contact your physician immediately.

Please call our office with any questions or concerns:

707.425.5028 - North Bay

707.724.8985 - Vacaville