

Walking Boot Use and Care Instructions

These orthoses are prescribed for a variety of foot, toe, and ankle injuries and surgeries to limit the movement of the area. Walking Boots are designed for short-term use.

Instructions:

1. Apply a long sock on the foot needing the boot.
2. Loosen all Velcro straps and open the foam liner.
3. Sit with knee bent to 90 degrees and slide foot into the foam liner. Make sure the heel is all the way back and the foot is fully seated in the liner.
4. Close the liner around the shin and then the foot snugly.
5. Secure the Velcro straps, beginning at the foot and followed by the straps on the shin. Make sure to pull all the Velcro straps snug.

For additional instructions, please refer to the manufacturer instruction guide that was provided with your walking boot.

Cleaning:

Please refer to the manufacturer's cleaning instructions; these instructions are located on a tag inside of your brace.

If the Velcro is not sticking well on the brace, check for lint build-up on the Velcro and remove it.

Precautions:

- Be aware that volume changes in the body can affect how the boot will fit.
- Do NOT ever sleep in the boot, unless prescribed by the doctor.
- Be aware that the boot has a sole attached. Be sure to choose a shoe that allows you to feel stable when walking.

Questions or Problems

If any redness, bruising or blistering occurs and does not disappear within 20 minutes, do not put the brace back on. Please contact your local Wright & Filippis at (800)482-0222.

