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CAM WALKER BOOT

How to Put on Your CAM Walker Boot Device

- Apply a long sock on your foot needing the boot.
- Loosen all Velcro straps and open foam liner.
- Sit with your knee bent to 90° and slide your foot into the foam liner. Make sure your heel is all the way back and your foot is fully placed in the liner.
- Close liner snugly around your shin and foot.
- Beginning with the foot, secure the Velcro straps followed by the Velcro straps on your shin. Make sure to pull all the Velcro straps snug.

If CAM Walker is an Aircast, then add air by using the hand bulb provided onto valve until ankle feels a little pressure.

Wearing Schedule

Depending on the reason for using the CAM Walker Boot, the wearing schedule can vary. Follow Dr. Lang's guidelines.

If any redness, bruising, or blistering occurs and does not disappear within 20 minutes, do not put the boot back on. Please contact our office to schedule an appointment for an adjustment.

Device Cleaning and Maintenance

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

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

Important Information

Take the following precautions with your CAM Walker Boot Device:

- **Do NOT ever drive while wearing the boot (if utilizing the boot on the right foot).**
- **Be aware the boot has a sole attached that adds height. Be sure to choose a shoe that allows the foot, not utilizing the boot, to feel stable when standing and walking.**