



Cast Boot Instructions for Wearing and Care



Figure 1



Figure 2



Figure 3

Prescriber: Please complete

Diagnosis: _____

Wear time: _____ weeks. *Exception to 90 degree position: _____

Can boot be removed for skin checks/hygiene? Yes No

Name: _____ Telephone: _____

How to put on Cast Boot

1. Make sure your leg is supported. Sit in bed or on a chair. Do not stand.
2. Pull on a layer of stockinet or a long sock to absorb sweat and keep skin dry. Smooth out any wrinkles.
3. Open hook and loop straps; remove front panel and open the flaps of the boot liner.
4. Hold the boot, and slide your heel to the back of the boot. *The heel and foot and should touch the bottom of the boot so that the foot makes a 90 degree angle with the leg, unless exception noted above.
5. Fold the flaps of the liner over each other and secure snugly, then reapply front panel.
6. If there is a strap across the ankle, fasten it first and then secure the other straps. Return to the strap across the ankle to ensure it remains snug and adjust/tighten as necessary.
7. **Air chambers:** If present, find the pamphlet provided with the boot. Follow the instructions to inflate the chambers with the pump. The pump is part of the boot, often a round black circle at the top or side of the boot. The air chambers should inflate equally on all sides so the boot fits snugly around the ankle and calf, to limit ankle movement.

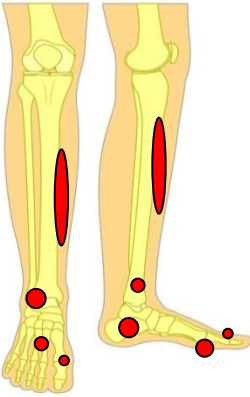
Proper Fit

- The boot should fit snugly around your ankle and calf to limit movement of the ankle.
- There should be room in front of your toes (approx. ¼-1") so that they don't rub the front of the boot or hang over the edge of the boot.

Cast Boot: Instructions for Wearing and Care

How to Remove Cast Boot

1. Make sure your leg is supported. Sit in bed or on a chair. Do not stand.
2. Deflate air chambers if present.
3. Open hook & loop straps; remove front panel and open the flaps of the boot liner.

Skin Care & Circulation: If boot CAN be removed Follow these simple tips to keep your skin, nerves and blood flow healthy under your boot:	Skin Care & Circulation: If boot CANNOT be removed Follow these simple tips to keep your skin, nerves and blood flow healthy under your boot:
<ol style="list-style-type: none"> 1. Once a day: Remove the boot to wash and dry skin, including in between the toes. Moisturize skin; if you are diabetic avoid putting cream between your toes. 2. Every 8 hours (3 times in 24 hours), check these parts of the feet for pressure points (darkened or red areas) or wounds: <ul style="list-style-type: none"> • Inner and outer ankle bone (Medial and lateral malleolus) • Bony spots on top of foot and toes (dorsal aspect) • Knuckles of the toes (Metatarsal heads) • Heel and back of ankle (Achilles tendon) • Front of the lower leg (Anterior tibial crest) • Bottom of the foot 	<ol style="list-style-type: none"> 1. Once a day: Remove the front panel, wash and dry front of the leg, the top of the foot and between the toes. Moisturize skin; if you are diabetic avoid putting cream between your toes. 2. Every 8 hours (3 times in 24 hours), remove front panel, check these areas for red marks or wounds: <ul style="list-style-type: none"> • Knuckles of the toes (Metatarsal heads) • Front of the lower leg (Anterior tibial crest) • Inner and outer ankle bone (Medial and lateral malleolus) • Bony spots on top of foot and toes (dorsal aspect)
	
<p>Important: Contact prescriber if you experience skin irritation, persistent pressure/redness, blistering, or broken skin</p>	

Boot and Liner Care

- The foam liner may be hand-washed in warm water with mild soap. Allow to air dry overnight.
- Inside of boot should be wiped regularly to prevent odor.