

Application of a walker boot

Trauma and Orthopaedics and Emergency Department Patient Information Leaflet

Introduction

This leaflet is for people who are wearing a walker boot to help them with their injury. It gives instructions on how to take the boot off and put it back on again, and what to do when wearing it.

How do I take the boot off?

1. Undo the straps leaving them attached (do not remove the straps from the boot).
2. Open the Velcro at the front and slide your foot out.
3. Do not remove the inner lining from the boot.
4. Do not adjust the rigid side support bars.

How do I put the boot back on?

1. To re-apply the boot, fasten inner liner with the Velcro closure before securing the straps.
2. Secure the straps in the numbered order shown in figure 1.
3. Straps should be comfortably tight but not so tight as to impair your circulation.

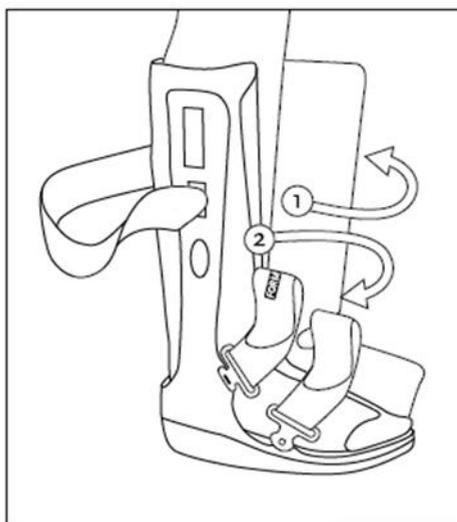
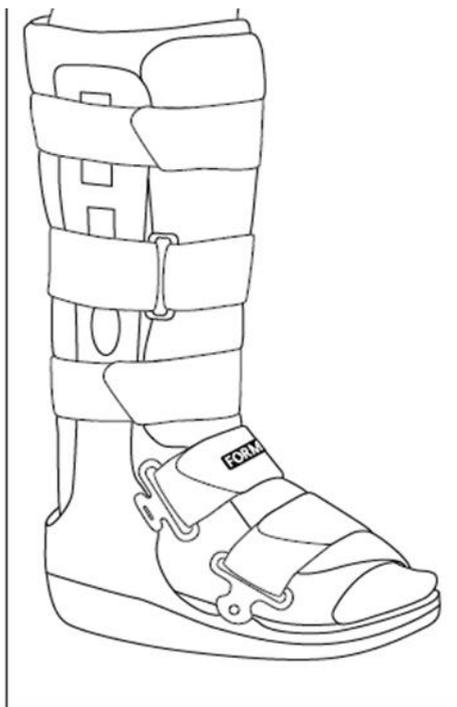
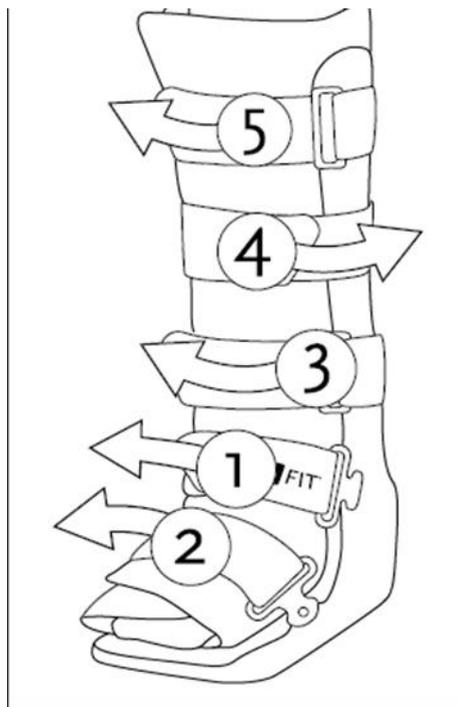


Figure 1 shows how to fasten the straps on the walker boot

What do I need to do when wearing the boot?

- You can wear a sock in the boot to keep the inner clean and your toes warm.
- Check the condition of your skin regularly.
- If the boot is not to be removed, you can cover it with a pillow case to sleep in to keep your bedding clean. The doctor or nurse will let you know your weight-bearing status and whether the boot can be removed at night.

If you have any worries or concerns, or need to ask about returning to work or sport, please contact one of the following:

- **Fracture Clinic on 01384 456111 ext. 2220
(9am to 5pm, Monday to Friday)**
- **Emergency Department on 01384 456111 ext. 2300**

This leaflet can be downloaded or printed from:

<http://dudleygroup.nhs.uk/services-and-wards/trauma-and-orthopaedics/>

If you have any feedback on this patient information leaflet, please email patient.information@nhs.net

This leaflet can be made available in large print, audio version and in other languages, please call 0800 073 0510.

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此宣传单可提供大字版本、音频版本和其它语言版本，请拨打电话：0800 073 0510。

Ulotka dostępna jest również w dużym druku, wersji audio lub w innym języku. W tym celu zadzwoń pod numer 0800 073 0510.

ਇਹ ਪਰਚਾ ਵੱਡੇ ਅੱਖਰਾਂ, ਬੋਲ ਕੇ ਰੀਕਾਰਡ ਕੀਤਾ ਹੋਇਆ ਅਤੇ ਦੂਸਰੀਆਂ ਭਾਸ਼ਾਵਾਂ ਵਿਚ ਵੀ ਪ੍ਰਾਪਤ ਹੋ ਸਕਦਾ ਹੈ, 0800 073 0510 ਤੇ ਫੋਨ ਕਰੋ ਜੀ।

Aceasta broșura poate fi pusă la dispoziție tipărită cu caractere mari, versiune audio sau în alte limbi, pentru acest lucru va rugăm sunați la 0800 073 0510.

یہ کتابچہ آپ کو بڑے حروف کی لکھائی، سمعی صورت اور دیگر زبانوں میں مہیا کیا جا سکتا ہے۔ براہ مہربانی فون نمبر 08000730510 پر رابطہ کریں۔