



CAM Walker Care and Use Guide

You have just received your new orthosis which is designed to limit the movement of the ankle and/or foot. Your physician has either prescribed a pneumatic or standard brace; your current condition will determine which brace is provided to you. Please refer to the following instructions for the care and use of your brace.

Application:

- Always wear a clean sock under your brace to reduce friction and protect your skin from perspiration. It is recommended that the sock be the same length as the brace and that you make sure the sock is wrinkle free.
- Step into your CAM Walker:
 - **Pneumatic version:** Use the included pump to air up the bladders. Pump until you feel a snug fit over your entire calf, foot and ankle.
 - **Standard version:** Place your foot inside the brace and tighten all straps to a comfortable snug fit.

Wearing Schedule:

- The brace should be worn during waking hours and can be removed during bathing or sleeping unless:
- Depending on your specific condition and your physician's orders, you **may not** be able to remove your brace. Your orthotist will discuss a specific wear schedule and skin maintenance regimen with you.
- If your physician has given you a specific wear schedule it will be as follows:
 - _____

Skin Maintenance:

- It will be necessary for you to **check your skin** frequently while wearing your CAM Walker. A new brace may cause some redness which should disappear within 15 minutes after removing the brace. If redness does not disappear, contact your orthotist to have this inspected.
- Diabetics and those with lessened sensation are especially vulnerable to skin irritation, particularly in bony areas such as the shin or on the bottoms of the feet. Extra care should be taken, and even minor skin irritations should be treated promptly.

Orthosis Care:

- If need be, the foam liners of the brace may be taken out and washed by hand with cold water and a mild soap and allowed to air dry.

If at any time your orthosis becomes cracked or broken, see your orthotist for repairs or replacement. Contact your orthotist with any questions or concerns.