



Fixed Walker

Indications

- Acute ankle sprain and soft tissue injuries of the lower leg
- Stress fractures and stable or internally fixed fractures of the foot and ankle
- Achilles tendon repair

Contraindications

- Not intended for unstable fractures or fractures of the proximal tibia or fibula

Precautions

- Frequency and duration of use should be determined by your prescribing health care professional
- Be careful that the support is not so tight that it interferes with circulation.
- The tension of the straps could be slightly released when in resting position, or at night, to avoid circulatory or nerve compression problems.

Application

1. Remove the WALKER from the protective plastic bag and detach the foam lining. DO NOT remove the Velcro protectors attached to the uprights. These must remain on the uprights during the initial phases of the fitting procedure.
2. Open the leg and foot section of the foam liner, place heel into the posterior portion and secure with contact closure, making sure that the foam is wrapped snugly around the limb. The pre-sized liner is designed with sewn edges and you should not have to trim it to size (however, it can be cut if needed)
3. Place the foot in the Walker between the two uprights (centred at the midline on the side of the leg). Then remove the hook protection from the uprights. The Velcro hook on the inside of the uprights will lock onto the foam liner.
4. Tighten the two forefoot straps that secure the foot in the boot until they fit snugly.
5. Next, tighten the three straps that secure the lower limb between the up-rights, starting with the strap closest to the ankle. The three straps should be tightened firmly.
6. Walk in the boot to ensure the walker is fitting and functioning properly. Foam pads may be used for additional patient comfort at certain pressure points.

Removing the boot – Undo the straps and release the Velcro hook that closes the liner. Take the foot out but leave the liner attached to the uprights. This allows for easy reapplication of the boot with the proper leg alignment.

Care & Cleaning

Remove the foam liner from the brace. Hand-wash with lukewarm water and mild soap. Rinse thoroughly. Do not wring. Dry at room temperature and be sure the foam is completely dry before re-applying it. Walker can be cleaned with a damp cloth.