



head to Foot orthotics

CAM Walker



This brochure is intended as a source of information for patients, their family and friends. Questions are welcome, so please contact your Orthotist on the contact number provided.

What is a CAM Walker for?

To act like a plaster cast and provide stability to a fractured bone or unstable joint, or to immobilise soft tissue injuries before or after surgery, whilst allowing removal and washing of the leg and walking **if given permission by your doctor**.

Putting On

- A sock should be worn to prevent the foam liner taking in perspiration and smelling (preferably knee high).
- Place the foot inside the foam liner with the heel as far back as possible and the heel and foot flat on the foot-bed.
- Wrap the foam liner firmly around the leg.
- Secure the leg strap in front of the ankle. Then move up the leg, from the toes, securing the other four straps. These straps must be secured, as firmly as is comfortable, there should be no room for the foot/leg to move around inside the CAM Walker. However the foot shouldn't feel numb or tingly.

Taking Off

- Undo the straps and foam lining.
- Carefully remove your leg from the CAM Walker whilst keeping your foot/ankle as still as possible, unless you have been given permission to move /exercise.

Walking

- Safety and prevention of further injury is the priority when commencing walking in the CAM Walker.

- It may be necessary to use crutches or a frame when starting to walk (check with your physiotherapist or doctor).
- You may be allowed to discard these aids if feeling safe and confident – again your physiotherapist or doctor should advise you regarding this.

The 'rocker' sole of the Cam Walker will assist your leg to roll through even though your ankle is effectively locked, so don't deliberately change the way you walk.

Wearing Problems

- If you have any areas of rubbing, redness or blistering contact your Orthotist immediately.
- If you are wearing the CAM walker in bed, your heel needs to be checked regularly for signs of too much pressure during the night. These signs include redness that doesn't fade after 10 seconds, blistering and/or pain. You may develop heel bed ulcers if regular checking is not performed.

Cleaning

- Wash the foam liner only if absolutely necessary.
- If wearing for a long period, the foam can be removed from the uprights and washed with warm soapy water. *Strictly* air-dry only.

Individual client notes



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Further Details

Please contact if you have questions or require an appointment.



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