



# 9870 2284

Please call if you have any questions or require an appointment

Individual Client Notes

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**Costs and invoicing**

The service provided today will incur a cost. These will have been discussed with you if they are not covered by the hospital or a 3<sup>rd</sup> party funding body like TAC or Work cover.

An invoice will be sent to the address provided at the consultation. Payment details can be found on the invoice.

Please call if you are having trouble paying the invoice.

**It is important that you attend any review appointments. If you are having any problems with your Orthosis, we may be able to fix it at your appointment.**



Quality  
ISO 9001

SAI GLOBAL



## head to foot orthotics



# CAM WALKER

You have been fitted with a CAM Walker. Correct use is important for the best result and your safety. Please note your orthosis is for **your use only**

### How to put on your CAM Walker

It is important that you put your CAM Walker on correctly.

A sock should be worn with your CAM walker to keep the liner clean.

1. Place your foot inside the foam liner. Put your heel as far back as possible. Ensure that your foot is flat and firmly down against the sole of the CAM walker.
2. Wrap the foam liner firmly around your leg.
3. Fasten the strap in front of the ankle first, then move up your leg, from the toes, tightening the other four straps. As shown.
4. The straps must be done up firmly.

### Problems?

Check your skin regularly. If you feel that your Cam Walker is:

- Causing discomfort, redness or skin breakdown
- Broken or damaged
- Worn Out

Please contact the Head to Foot Orthotics as soon as possible to discuss the situation.



If you need to wear your CAM Walker for a long period of time, the foam can be taken off the uprights and washed with warm soapy water. Please contact us for instructions about how to do this and re-fit the liner after washing. Leave out to **air-dry only**.

### Wearing your CAM Walker

It may take some time to get used to wearing your CAM Walker.

You may need to use crutches or a frame when you start to walk with your CAM Walker (check with your physiotherapist or doctor).

The 'rocker' sole of the Cam Walker will assist your leg to roll through even though your ankle is locked in place, this may change the way you walk.

- ✓ **Do** wear you CAM Walker at all times or as directed by your Doctor or health practitioner.
- ✓ **Do** wear a sock with your CAM Walker to help keep it clean
- ✓ **Do** check your skin regularly
- ✗ **Do Not** make any changes to your CAM Walker. This can only be changed by your treating doctor or health practitioner.
- ✗ **Do Not** wear un-prescribed bandages, dressings or padding with your CAM Walker.

### Cleaning

- ✓ **Do** check CAM Walker for signs of loosening or damage and ensure Velcro straps are free of lint
- ✗ **Do Not** apply direct heat to CAM Walker
- ✗ **Do Not** place your CAM Walker in the washing machine or dishwasher.
- ✗ **Do Not** wear your CAM Walker in the bath or shower unless covered by a sealed bag

**Contact Head To Foot Orthotics immediately** if you notice redness, broken skin or increase discomfort