



CAMWALKER INFORMATION SHEET

- **Cam-Boots / Cam Walkers**
 - For Fractures, stress fracture or breaks in the bone(s) of the leg or foot
 - Cam Boots provide support to the ankle, foot and lower leg during ambulation and are available for such injuries as;
 - Chronic lateral instability of ankles- both Medial and Lateral
 - Post operative Care
 - After toe straightening or bunion surgery

The benefits of a cam boot include the ability to shower, easy access for long term wound care and more comfort when sleeping. They replace the traditional casting techniques such as plaster and fibreglass.

Other benefits include;

- Strong lightweight frame
- Impact absorbed at the heel strike
- Flexible front section of Walker making initiation of swing phase easier
- Increase stability while decreasing pain and swelling.
- Liner is made from comfortable material with a touch tape closure.

Patients normally wear a Cam Boot for 4 – 8 weeks, depending on the injury. After this period of time **please contact your medical practitioner prior to disregarding the Cam Boot, as a follow up X - Ray may be needed to reassess the injured area.**

The Cam Boot is only designed to be worn for a short period of time (maximum 12 weeks). After this time frame the Cam Boot should not be used unless specified by your medical practitioner.

Do not use the Cam Boot while driving, sleeping or showering.