

## CAMBOOT

The information in this document is used for proper understanding of what camboots are and how to correctly wear a camboot.

### **CAMBOOTS:**

Camboots are required for individuals who have suffered an injury to their ankle or foot, either a sprain or a fracture.

Camboots stabilise the foot and ankle and allow for weight-bearing. Consult the orthopaedic team who will advise when the use of a camboot is appropriate.

Camboots will cost \$50.00 to purchase and are single patient use.



### **CORRECT FIT:**

- Your heel should be comfortably sitting at the back of the boot
- The boot size will be determined by your Physiotherapist as per shoe size
- Your toes should not exceed beyond the base of the boot
- The boot should be strapped firmly and comfortably
- Extra padding is provided in case of rubbing
- Once fitted you only need to adjust the Velcro straps to remove the camboot if this has been instructed by your orthopaedic surgeon

**(If using crutches refer to the Consumer Information on crutches)**

## CAMBOOT

### PRECAUTIONS:

- Follow directions by your orthopaedic surgeon in regards to when the boot can be removed
- When sitting and standing make sure you have the correct foot placement as shown by your therapist
- The base of the boot is convex so be cautious while walking
- Be cautious on wet or uneven surfaces
- Check your skin regularly for redness due to rubbing

### STEPS:

Going up and down steps you will be unable to bend your knee (If using crutches refer to Consumer Information on crutches)

- **Ascending:** step up with your unaffected leg first, followed by your affected leg
- **Descending:** step down with your affected leg first, followed by your unaffected leg

**Contact:** Physiotherapy Department      **Tel:** (03) 5143 8560