

## 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)

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### 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

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