

COMPLETE FEET™

CAM WALKERS

WHAT IS A CAM WALKER?

A **Controlled Ankle Movement** (CAM) Walker is an Orthosis designed to immobilise the ankle & foot. It's often used as a substitute to casting because it's a more durable, hygienic and removable. The uprights take weight off the foot/ankle and the sole has a rocker to allow the user to walk on it either immediately or later, providing superior healing and mobility.



WHY HAVE I BEEN PRESCRIBED A CAM WALKER?

Fractures: If you have a fracture of the foot or ankle, it will prevent movement and reduce stress applied to the fractured bone during healing by taking partial weight off the foot and ankle. Some muscular movement is still encouraged within the leg which can reduce the duration rehabilitation therapy.

Ligament Injuries: If you have a ligament strain / rupture, it will prevent excessive movement of the affected ligament and contributes to stability for more rapid healing.

HOW DO I PUT IT ON?

Ensure that the heel sits in the back and bottom of the liner. When fastening the straps, start with the bottom strap and work your way up. Ensure the straps are firm. Padding can also be used under the straps if rubbing or pressure is present on the instep of your foot. Do not disrupt the walker alignment by separating the plastic boot from the inner liner.

YOUR PERSONALISED TREATMENT PLAN...

Severe fractures may be painful to initially allow weight on, so walking with a set of **crutches** or a **walking stick** (to be used in the opposite hand) may be required. Compression bandage and rest may also be prescribed.

Your CAM walker must be worn for a minimum of _____ weeks before being reviewed.

Week	Treatment

When should I wear it?

Daytime use only 24 hours a day

Review with my practitioner?

Yes, in _____ weeks No, not at this stage

* Note- CAM walker should not be worn unprotected in the shower.

POTENTIAL RISKS

Reduced ankle joint movement, as well as injury, may increase the **risk of clot formation** in the calf. This is rare, however if you feel a sharp, stabbing pain in your calf muscle, remove the walker immediately and visit your nearest hospital emergency department. It is advised to take care walking on slippery or rough / uneven surfaces.

OTHER ADVICE

The sole height of the CAM Walker and change in walking pattern may potentially create problems at other joints such as the knees, hips or lower back. This may be avoided by **wearing a supportive shoe with a similar heel height to the walker** on your unaffected side. To maintain hygiene, you may wear a sock beneath the liner. You are encouraged to call us immediately if any questions or challenges arise.

HOW DO I KNOW IF I NEED IT LONGER?

In some cases you will be required to visit us or your referrer to gauge if sufficient healing has occurred. Simply phone us and we'll arrange to extend our care and hire period for you at \$24 per week.

For more information phone: 1300 668 117