

Using and adjusting your removable walking boot (MKO PRINT® Air Walker)

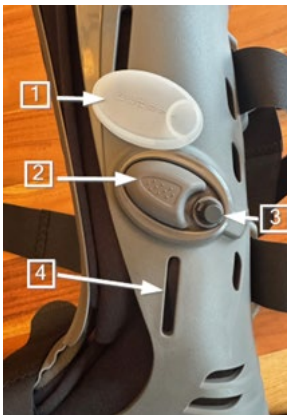
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The removable walking boot is an orthopaedic boot used as an alternative to a conventional cast. It is appropriate for supporting stable foot or ankle fractures and ankle sprains, or for reducing pressure on a surgical site on a foot/ankle or a diabetic foot ulcer.

Description of the boot:



1. Rigid plastic shell with 3 straps and Velcro buckles as well as a manual
2. Felt liner
3. Sole
4. Rigid front panel
5. Toe guards
6. Sock



1. Disposable bulb cover
2. Inflation pump button
3. Air release valve
4. Alternative ankle strap slit

Putting on the boot

- Make sure that the size is appropriate.
- Make sure that the air cells (located between the liner and the rigid shell) are completely deflated (**see Removing the boot**).
- Proceed with hygiene care of the foot and leg.
- Check the foot's skin colour, temperature, sensitivity, swelling.
- Put on the sock or stockinette, making sure to adequately cover the leg. You can add another sock if you are worried about getting cold. For reasons of hygiene and to avoid skin irritations, **do not wear the boot barefoot**.
- Undo the straps and remove the front panel. It will be easier to handle the boot if the straps are folded.
- Remove the 2 disposable bulb covers found on either side of the device.



While in a **seated position**, put on the boot, making sure your **heel is at the back** of the boot, and close the felt liner.

The toe-guard can be adjusted to 3 positions or removed completely, depending on the size and comfort of the foot in the boot.

1. To adjust the toe-guard, pull the toe-guard upwards, then pull on both sides of the slots.
2. Reposition the guard in the desired slot and push down to lock the guard in place.



Place the rigid panel over the front of your leg, along the felt liner.

Thread the straps, one at a time, through the corresponding buckles (starting with the one at the bottom) and secure them with the Velcro. The strap should be tight, while leaving enough space to be able to insert one finger beneath it.

The center strap could be relocated to alternative slots under the airbags for a more customized fit.

Adjusting the boot



Use the 2 built-in pumps (one on each side) to inflate the cushions. You can inflate both sides simultaneously until the desired compression is achieved and your ankle is stabilized.

You can then begin your activities as prescribed by your doctor.

WARNING:

Do not over-inflate air cushions. Over-inflation may cause skin irritation and/or damage to the device. The amount of air needed and the force exerted on the straps may vary over the course of a day, depending on the degree of edema in the limb.

Removing the boot



To remove the boot, deflate the air cushions until they are no longer tight. Deflating the cushions before removing the boot will ensure a snug fit when the orthosis is put back on.

To deflate the cushions, open the caps on the deflation valves, and press the valve to release the air.



Once the air cells on the right and left are deflated, the boot can be undone and removed.



There will probably be a little air left in the cells, even after you deflated them using the valve. It is important to take the time to completely deflate them to prevent a poorly adjusted boot the next time you put it on.

To do this, place your hand between the liner and the rigid shell and press on the air cell while keeping the deflate valve pressed down.

Daily care

Once a day, take the time to remove the boot, check skin colour, swelling and the condition of the dressing, if you have one.

You can wash your foot and leg and apply some moisturizing cream.

Put the boot back on and readjust it. If there is a change in skin colour, or there is numbness or increased swelling, or you are adding another sock, reduce the number of pumps so that there is less pressure around the foot.

However, it is important to make sure that the boot is still properly adjusted to support the foot and ankle.

Caution

A removable walking boot that is adjusted too tightly can lead to pressure ulcers and even amputation.

If you **are diabetic**, you may have lost sensation in your feet, consequently, you must take great care adjusting your boot.

Recommendation

Check the adjustment after every 2 pumps by moving the boot to see if it floats around the foot or stays snugly in place.

To do this, give 2 pumps on each side and delicately try to move the boot. If it floats or moves easily, add 1 pump on each side and check again. Repeat until the boot is properly adjusted.

If your foot is currently very swollen, the number of pumps could change as the swelling decreases.

Your personalized adjustment:

The boot must be worn for _____ weeks

The boot must be worn: 24 hours a day

At all times, except when in bed

Other:

Number of pumps/side at the time of discharge:

Dressing: Not applicable

To be verified every day

To be changed if 75% of the surface is soiled

To be removed after days

Weight bearing (walking): Permitted

Not permitted

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