

Patient Information

Trauma & Orthopaedics

Fitting your Walker Boot



1

Lift sock out of brace



2

Place lower leg in sock



3

Insert foot into brace



4

Ensure struts are centred over ankle bone, foot at 90°



5

Pull out straps from brace



6

Extra foam pads to prevent spaces, add to comfort & prevent rubbing



7

Close and secure Velcro straps starting at toes

Advice

- If skin irritation develops seek medical attention
- If you have any pins and needles or numbness, release the straps

If the symptoms continue seek medical attention

- Wear well-fitting socks when boot is in use

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