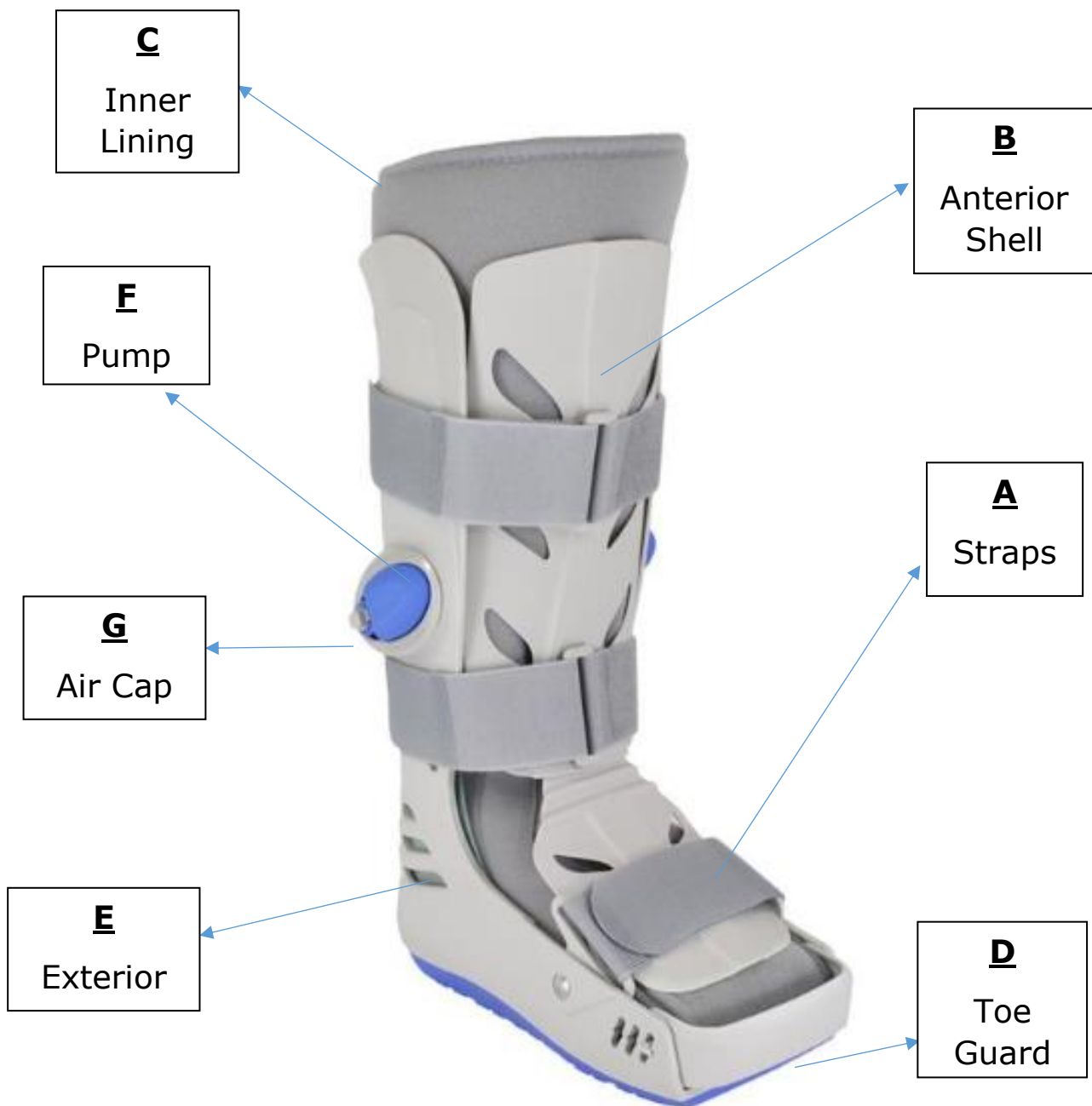




Physiotherapy Department Application Guide for Patients

Aircast Boot

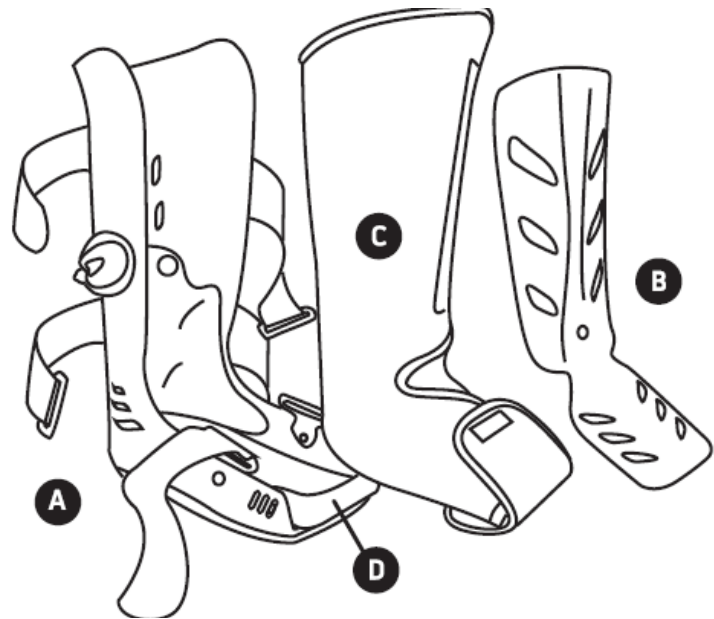


Your consultant has requested you wear the Aircast Boot for weeks.

It can be removed when you are in bed and whilst completing exercises but needs to be re-applied when you're weight-bearing.

Boot Fitting Instructions

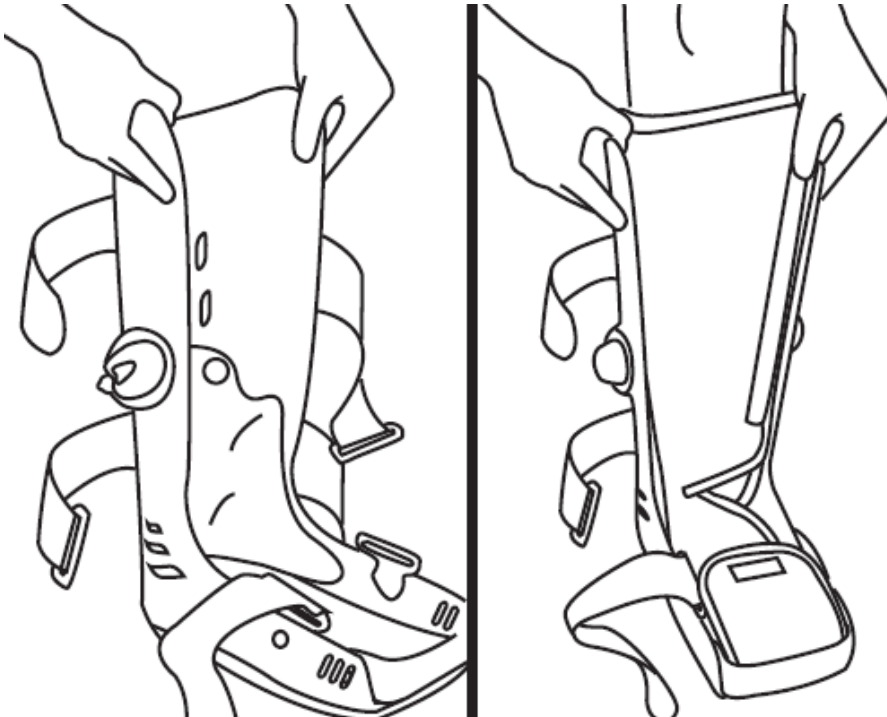
1. When applying the boot ensure:
 - All straps are unfastened
 - Anterior shell has been removed
 - Liner is removed
 - Toe guard is adjusted/removed



2. Place your foot into the liner (C), ensuring your heel is flush to the back of the fabric. Fasten the flaps on the foot and leg sections, making sure they are snug.



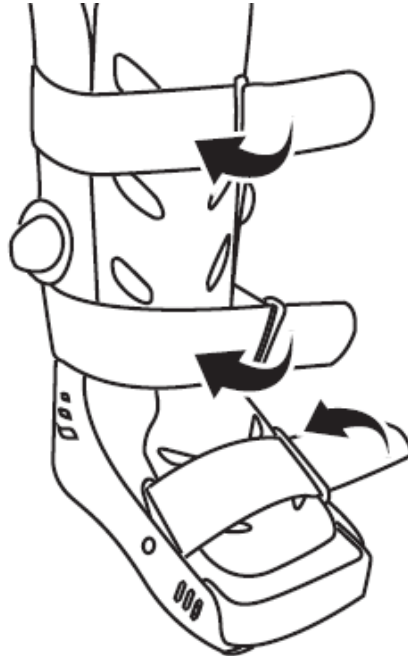
3. Place your foot into the exterior shell (**E**), ensuring your heel is against the back of the shell. Apply pressure to fix liner to shell.



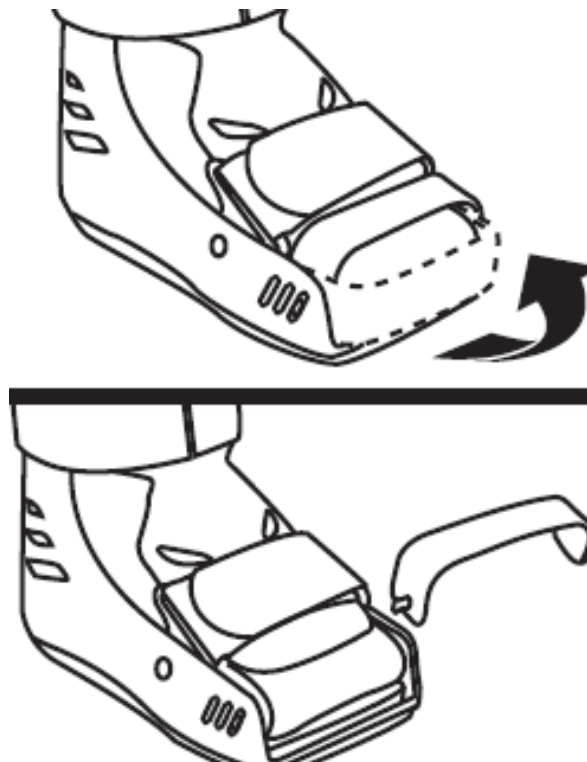
4. Fix the anterior shell (**B**) to the front of the liner. Ensure it is fully attached to the liner at the top and the bottom.



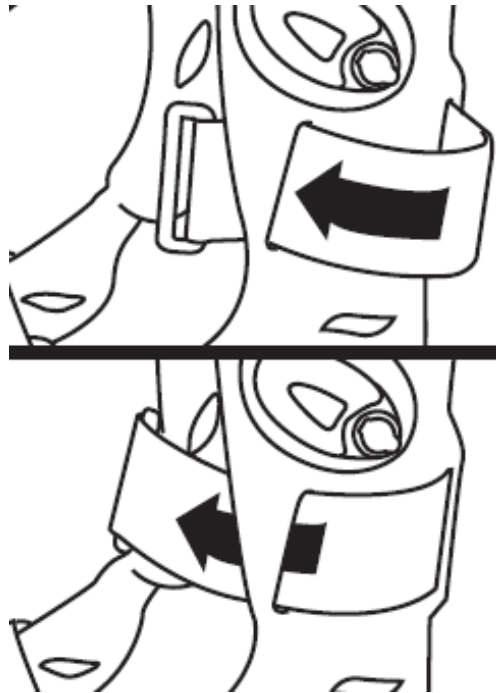
5. Fasten straps (**A**) from toes up, ensuring they are firm but not too tight.



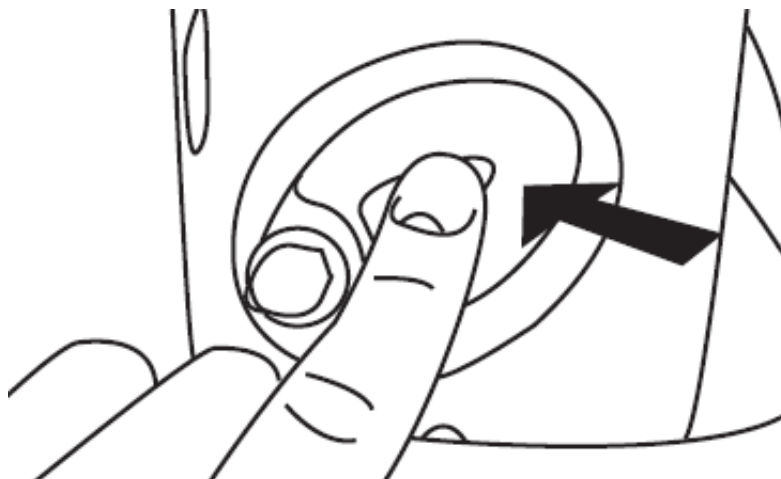
6. Toe guard (**D**) can be adjusted or removed as required.



7. If required increase compression on anterior shell by inserting both ends of ankle strap through slots in boot as shown.



8. Press the pumps (**E**) to inflate the boot to the required level. Ensure it is comfortable. Both pumps can be pressed simultaneously for balanced pressure.



9. Open the cap (**G**) and press the valve to deflate.



Regular checks and maintenance:

- **Check Your Skin:**

When at rest you can remove the boot to check for any pressure marking to the skin.

- **Washing the Lining:**

Following the manufacturers recommendations, you are able to wash the liner by hand in cool water using mild detergent. You must rinse thoroughly and dry flat. Do not wring/tumble dry/spin.

- **Washing the Walker Shell:**

Remove liner. Fold back hook/loop straps onto each other. Wipe down outer shell and sole with damp cloth and mild detergent. Allow to air dry.

Please scan the QR code below through your mobile device for more information and to access a patient education video.



If you have any questions or concerns regarding the fitting of this brace you can contact Physiotherapy on for further advice.



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