

Aspen traverse air walker

Orthopaedic casting outpatients department [Patient information](#)

Why am I in this boot?

This boot is designed to provide a moderate level of support. It is specifically designed for stable fractures of the lower leg, foot and ankle, ankle sprains, and for use after operations..

General advice

- Apply a clean sock before wearing the boot and change this daily. This helps to protect the liner of the boot from sweat.
- If you can place weight on your foot, make sure you are wearing a supportive shoe on the other foot with a high, flat sole to help bring the foot to the same height as the boot.
- Do not get the boot wet - take it off for bathing and showers if you have been told this is safe for you.

What is the boot?



The boots come in both short and long version depending on the injury.

Each side of the boot has a big pump to inflate the air cells, so the boot is nice and supported. The small button deflates the boot. This must be done before removal of the boot.

The front flap of the boot wraps over the top to keep the toes warm.

How to fit the boot

- 1) Undo the Velcro straps and open the liner.
- 2) Insert and push the foot into the liner so the foot is at the bottom and back of the boot.
- 3) Fold the front flaps over and apply the face plate over the top.
- 4) Tighten the straps (three on the long boot and two on the short one).
- 5) Use the pumps to inflate the boot to the desired amount of support.

How to remove the boot

- 1) **Deflate the boot before removing if using the air cells.**
- 2) Open all the straps and open up the liner.
- 3) Lift the foot out of the boot.

Washing instructions

We recommend removing the liner and hand washing it with mild detergent. Let the liner air dry. Do not put it into a washing machine or tumble dryer.

Any concerns?

If you have any concerns regarding the boot or your injury, give us a call on the number below or go to your nearest Emergency Department out of hour.

Contact details (Poole)

Plaster room

Telephone: **0300 019 2140**

Emergency Department

Telephone: **0300 019 2202**

our telephone lines are open from 9am to 5pm however a 24-hour answerphone service is available and we will get back to you as soon as we can.

www.uhd.nhs.uk

To view the Aspen® Traverse Air Walker patient video,
please use the QR code



To read this leaflet in a different language,
please visit our website: www.uhd.nhs.uk/visit/patient-information-leaflets
and use the language and accessibility function available along the top of the site.

To ask for this leaflet in larger print, please contact the patient experience team on **0300 019 8499**
or email uhd.patientexperienceteam@nhs.net.

Poole Hospital, Longfleet Road, Poole, Dorset, BH15 2JB

Author: **Gary Smith** Date: **May 2026** Version: **Two** Review date: **May 2029** Ref: **092/23**

t: 01202 303626 w: www.uhd.nhs.uk  @UHTrust  @uhd_nhs

Some of our hospital services are moving.
Visit www.uhd.nhs.uk/future to find out more.