

Promedics paediatric fixed walker

Orthopaedic casting outpatients department [Patient information](#)

Why is my child 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, as well as ankle sprains and post-operative use.

General advice

- Apply a clean sock before wearing the boot and change this daily. This acts as a wick for sweat to dry and protect the liner of the boot.
- If your child is allowed to weight bear, ensure they 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 you can.

What is the boot?



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) Wrap the strap around the opposing end to tighten up.

How to remove the boot

- 1) Open all the straps and open up the liner.
- 2) Lift the foot out of the boot.

Washing instructions

We recommend removing the liner and hand washing with mild detergent. Let the liner air dry - do not put 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 hours.

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

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

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t: 01202 665511

w: www.uhd.nhs.uk



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