

Bledsoe

Walking Boot

Fitting

1. Before putting on your Bledsoe Walking Boot we recommend that you put on a cotton sock for added comfort. A form fitting tube sock would be best since any wrinkles in the sock may cause irritation or sores. The sock should extend higher on your leg than the boot.
2. Putting on your Walking Boot is best done while seated.
 - a. Begin application by placing your foot and calf into the foam liner. Slip your foot as far back into the foam liner as possible.
 - b. Place your toes under the foam toe piece. Make sure your heel fits snugly against the back of the liner and heal strap.
 - c. Close the forefoot foam cover over the foot and wrap the foam calf section around the front of the leg. Close it snugly with the velcro.

3. To fasten your straps, begin by:
 - a. Placing the forefoot pad over the forefoot and fasten the two attached straps.
 - b. The uppermost strap must be fastened very snugly to hold the foot and ankle into the boot.
 - c. Beginning at the ankle, pull each of the four calf straps snugly forward around the sides of the leg to the front.
 - d. To secure, pass the velcro ends through the "D" rings and back against the sides of the boot.
 - e. The boot should now be secure and your foot should not move around in the foam liner.

Self-Examination

- Examine your skin under the orthosis every day.
- Check for any areas of redness or irritation.
- Redness, if any, should disappear in 20-30 minutes.

Important: If you are a diabetic, redness should disappear in approximately 10 minutes. If redness persists see your orthotist immediately.

- If the redness does not disappear or any other problems are noticed, contact De La Torre O&P.

Wearing Schedule

- Your physician must determine when and for how long you need to wear the Bledsoe Walking Boot. If you have any questions regarding this, please call your doctor directly.

Care

- The outside plastic surface of your orthosis can be cleaned by using any type of gentle cleaner and a soft cloth.
- The straps and foam wraps should be handwashed only, using water and detergent that is used for delicate fabrics. (ex: Woolite)
- After washing, the straps and foam wraps should be triple rinsed, squeezed and then line dried.

DO NOT USE ANY CLEANER THAT HAS PETROLEUM DISTILLATE.

If at any time your Bledsoe Walking Boot feels noticeably loose or the velcro straps and pads no longer hold, please call us at the nearest office so that we may schedule you for an adjustment.