

# Pneumatic CAM Walker

## Care and Use Instructions

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This orthosis is designed to hold the injured ankle/foot in a stable position as healing occurs. This is done by limiting the motion of your ankle joint and the bending of your foot. The orthosis limits both the normal front to back motion of your ankle, the side to side motion of your ankle, and bending of the joints in your foot.

The orthosis is designed to be worn over a clean sock, quite snug. When the orthosis was fit to you, you probably noticed there are several parts that make up the brace. It has been adjusted to fit your affected leg. Do not disassemble the orthosis. To apply the brace, open the orthosis so that all straps and padding are folding back. Place your leg into the orthosis. Press down and back with your heel and make sure it is contacting the bottom, back of the foam “boot”. Close the foam wraps above and below your ankle snugly with the Velcro fasteners. Then, apply the Velcro straps. Each strap will go through the loop then be pulled back onto itself to close. Straps should be very snug, but not tight. If the orthosis feels like it is slipping, try tightening the straps just above and below your ankle. Slight movement inside the brace is normal.

This orthosis is equipped with air chambers to fill in space between the liner and your leg. These air chambers were inflated at the time of your fitting. The air will remain in place unless you adjust them. You may inflate or deflate these bladders to adjust the fit of the orthosis. Do not pump excessive air into the bladders as this can cause too much pressure on your skin.

Because you will be wearing this over a clean sock, the inside should stay fairly clean. You may wipe the foam liner if it becomes soiled with a damp cloth. Unfortunately, you cannot wear the orthosis until it is dry, to protect your skin from irritation. Leave the orthosis off and stay off your feet until the orthosis is completely dry and you have reapplied the orthosis on your leg.

This orthosis has a “rock” to the sole. Please take caution when walking, especially on stairs, ramps and uneven ground. Use an assistive device, such as a cane or walker, until you are stable and confident in the orthosis. Make sure you wear a supportive shoe on the other foot, with a good, sturdy sole. Please avoid wearing shoes such as clogs, high heels, or flip flops.

***NOTE: Weight gain or loss may possibly change the design and manufacture of the orthosis/prosthesis delivered. Please contact the practitioner if this occurs to prevent potential injury.***



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