

Rebound Air Walker boot for ankle or foot injuries

Fracture clinic

Information for Patients

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What is a Rebound Air Walker boot?

This is a lightweight walking boot that gives improved support and stability. It has an adjustable inflatable airbag inside the liner of the boot. It is used for ankle sprains, stable ankle fractures and foot injuries.

How do I put the boot on?

- Open the liner by undoing the straps and removing the front shell.
- Sit down and put your leg in the boot. Wrap securely around foot then the leg.
- Place front shell over ankle making sure that the air bulb is lined up with the opening.
- Fasten straps in this order: ankle strap first, then foot strap, then calf strap.
- Tighten straps until snug and comfortable.
- Inflate the air chamber by pressing the large air bulb. Press 3 to 4 times until it feels comfortable.
- You can take air out (deflate) by pressing the smaller button.
- Always deflate the boot before taking it off.



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How do I fit the boot onto someone else?

If you are helping someone else to wear the boot, always check it is comfortable and not too loose or too tight.

What advice should I follow?

- Make sure you don't over-inflate the boot. This can cause too much pressure and skin damage.
- Check skin on a daily basis for any rubbing, soreness or burning.
- Make sure it isn't affecting blood circulation. If the boot feels too tight you may have 'pins and needles' or numbness. If this happens, take some air out of the boot.
- Have your leg raised when sitting down to reduce any swelling. Make sure your heel is not resting directly on a surface all the time, as this can cause pressure sores.
- Be extra careful when walking on wet or slippery surfaces.

Washing instructions

- Remove the liner from the walker boot.
- The liner should be washed by hand using a mild detergent at 30 degrees. Do not use bleach or strong detergent.
- Do not wash in the washing machine and do not put in the tumble dryer.
- Hang the liner out to dry on a line.
- The plastic walker boot can be washed with a damp cloth and mild soap.

Contact details

If you have any problems, please contact the Professor Harper Trauma Clinic on 0116 258 5430

We are open: Monday to Friday, 8.30am to 8pm

Saturday and Sunday, 10.30am to 6pm

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