

Air-step® walker boot for ankle or foot injuries

Fracture clinic

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Information for Patients

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What is an Air-step 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 the liner.
- Fasten straps in this order: ankle strap first, then foot strap, then calf strap.
- Tighten straps until snug and comfortable.
- Inflate the air chambers by pressing the 2 large air bulbs on the side of the boot. Press 4 to 5 times until it feels comfortable.
- You can take air out (deflate) by pressing the smaller buttons.
- Always deflate the boot before taking it off.

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.

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or call 111 for non-emergency medical advice**

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What advice should I follow?

- Make sure you do not 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 is not 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 wiped 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, 10am to 5pm

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