

# Foothills Prosthetics

1603 S Sterling St  
Morganton, NC 28655  
www.FoothillsProsthetics.com

**Kevin A Wicker, CPO**  
kevinw@foothillsprosthetics.com  
Phone: (828) 391-5164  
Fax: (828) 391-5011

## CAM or Diabetic Walker Care and Use Guide

*You have just received your new orthosis which is designed to limit the movement of the ankle and/or foot. Your physician has either prescribed a pneumatic or standard brace; your current condition will determine which brace is provided to you. Please refer to the following instructions for the care and use of your brace.*

### Application:

Always wear a clean sock under your brace to reduce friction and protect your skin from perspiration. It is recommended that the sock be the same length as the brace and that you make sure the sock is wrinkle free.

- **Pneumatic version:** Use the included pump to air up the bladders. Pump until you feel a snug fit over your entire calf, foot and ankle.
- **Standard version:** Place your foot inside the brace and tighten all straps to a comfortable snug fit.

### Wearing Schedule:

The brace should be worn during waking hours and can be removed during bathing or sleeping.

### Skin Maintenance:

A new brace may cause some redness which should disappear within 15 minutes after removing the brace. If redness does not disappear, contact Foothills Prosthetics.

Diabetics and those with lessened sensation are especially vulnerable to skin irritation, particularly in bony areas such as the shin or on the bottoms of the feet. Extra care should be taken, and even minor skin irritations should be treated promptly.

*It will be necessary for you to check your skin frequently while wearing your new brace.*

### Orthosis Care:

If need be, the foam liners of the brace may be taken out and washed by hand with cold water and a mild soap and allowed to air dry. Do not immerse your brace in water or place foam liners in a dryer.



Please complete our satisfaction survey at [FoothillsProsthetics.com/survey.html](http://FoothillsProsthetics.com/survey.html)

*If at any time you have any questions or concerns about your brace, please contact Foothills Prosthetics.*

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