



HUNTERDON
ORTHOPEDIC
INSTITUTE ^{P.A.}
LIVE LIFE BETTER

www.hunterdonortho.com

CAST BOOT INSTRUCTIONS

When applying your cast boot, make sure your heel goes to the back of the boot.

Close the foam liner and apply the front plate. Fasten the straps so the boot is snug but comfortable.

Inflate boot to gently conform to your ankle. (You may need to deflate the boot when you re-apply it if you have difficulty getting your heel to the back.)

Wear a shoe on the opposite foot that is approximately the height of the boot or use the heel wedge in your shoe to keep you even.

CAST BOOT USE

Your boot should be worn for weight bearing activity.

You must remove the boot for driving and activities where the foot is used to operate equipment, ect.

Boot may also be removed for showering, short rest periods and bedtime, unless you were told otherwise.

For sprains: Use the boot for all weight bearing activity for 7-10 days and then transition into the ankle brace.