Melbourne Podiatrists & Orthotics
Professional care for big feet and little feet
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# CAM Walker "Low Top" fitting instructions

A CAM Walker (Moon Boot) is designed to immobolise the foot and ankle much like a cast. However, it has the advantage that it can allow for weightbearing (when prescribed) and can be removed for icing and showering.

***NB. For comprehensive diagnosis, treatment, rehabilitation and advice we always recommend an appointment with a podiatrist if you are suffering from an injury that might require a CAM Walker. We are not responsible for sizing, fitting and treatment advice if you choose to purchase a CAM Walker without an appointment.***

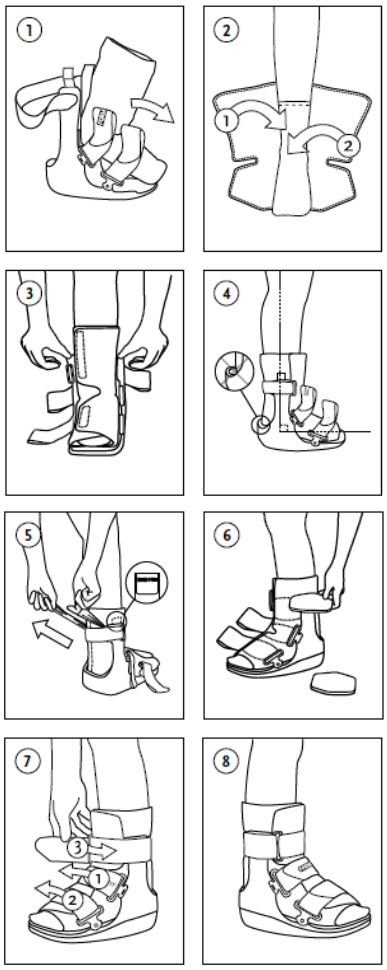
## Indications

Low top CAM Walkers (Moon Boots) are best indicated for forefoot and mild midfoot foot injuries. They are also indicated for children where a high top CAM Walker is unsuitable.

## Sizing Guide

| | | |
|---|---|---|
| XSMALL | Mens US 2 - 4 | Womens US 3.5 – 5.5 |
| SMALL | Mens US 4.5 - 7 | Womens US 6 – 8 |
| MEDIUM | Mens US 7.5 - 10.5 | Womens US 8.5 – 11.5 |
| LARGE | Mens US 10.5 - 12.5 | Womens US 10.5 – 12.5 |
| XLARGE | Mens US 12.5 + | Womens US 13.5 + |

## Fitting Instructions



1. Remove liner from boot.
2. Fit liner over your foot. The liner should be snug without wrinkles. Wearing a sock underneath will help prevent irritation and protect the liner from moisture.
3. Open the side stays of the boot and place your foot in the boot.
4. Ensure your heel is at the very back of the boot. The side stays should run vertical up the middle of your ankle. Ensure the size of the boot is correct. Your toes should not hang over the edge of the boot and the height of the boot should finish below the top of your femur bone.
5. Remove the white strips over velcro if these haven't been removed.
6. Extra padding may be inserted under straps, either inside the liner or on top for comfort and to help prevent irritation.
7. Secure the straps on the boot starting with the strap over the ankle, then at the bottom of the foot and working your way up the leg.
8. The straps should be snug enough to prevent slippage on the boot but not tight enough to restrict circulation and cause discomfort. Do not overtighten as this may damage straps and the device.

To remove follow these steps in reverse. The boot has a slight heel so try and wear a similar heeled shoe on the other foot to keep your legs balanced. A runner will usually suffice. When walking in the boot place your heel first. The boot is designed to rock forward to help you push off without too much weight on the foot. This might seem strange at first but will get easier with practice.

Please speak to your podiatrist or make an appointment if you are suffering from any irritation or experience problems.