

CAM Walker

General Description:

A CAM Walker is a walking boot that limits the movement of the ankle and or foot. An adjustable ankle joint can be set to restrict movement or allow a set amount of movement to occur. A CAM Walker may be prescribed for a severe sprain or after cast removal. It is made of a one-piece foam liner attached to double aluminum uprights (See Figure 1).



Figure 1

| | | | | |
|--|---|---|---|--|
| <p>Bannockburn 2101 Waukegan Road, Suite 104 Bannockburn, IL 60015 847-444-0690</p> | <p>Lincoln Park/Chicago 2551 N. Clark St., Suite 200 Chicago, IL 60614 773-472-3663</p> | <p>Rush/Chicago 1725 W. Harrison St., Suite 220 Chicago, IL 60612 312-942-2011</p> | <p>UIC/Chicago 1740 W. Taylor St. Room C100 Chicago, IL 60612 312-996-6450</p> | <p>Hickory Hills 8641 W. 95th St. Hickory Hills, IL 60457 708-599-8336</p> |
| <p>Naperville 1551 Bond St., Suite 111 Naperville, IL 60563 630-637-4638</p> | <p>Oakbrook Terrace 1S376 Summit Ave., Ct. E Oakbrook Terrace, IL 60181 630-424-0392</p> | <p>Oak Park 401 Harrison Street Oak Park, IL 60304 708-383-2257</p> | <p>Schaumburg 1701 E. Woodfield Rd., Ste 555 Schaumburg, IL 60173 847-619-1701</p> | <p>Schererville 6629 W. Lincoln Hwy. (Rt. 30), Suite 1 PO Box 507 Schererville, IN 46375 219-864-9501</p> |



Application:

1. Place foot and leg inside the soft liner (See Figure 2). Make sure the heel is completely back into the soft liner (See Figure 3.)
2. Close the liner snugly across the leg and the foot (See Figures 4 and 5).
3. Secure the Velcro straps across the foot (See Figure 6).
4. A plastic support may be used on the front of the CAM walker. If used, place on the front of the leg prior to closing the Velcro straps. The wide end is toward the knee and the narrow end is toward the ankle no less than 1" above the ankle joint (See Figure 7).
5. Secure all Velcro straps up the leg (See Figures 8 and 9).
6. If needed, pads may be inserted to accommodate extra space at either side of the ankle or at the heel (See Figure 10).



Figure 2



Figure 3

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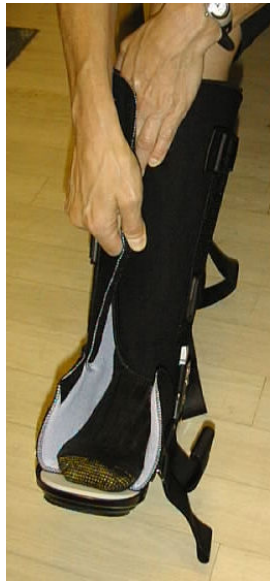


Figure 4



Figure 5



Figure 6



Figure 7

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Figure 8



Figure 9



Figure 10

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Care and Maintenance:

The foam liner can be washed in cold water by hand with a mild detergent and allowed to drip dry. The walker can be wiped with a damp cloth.

Tips and Problem Solving:

If you encounter any problems such as noise from joints or sole material lifting, please contact your practitioner.

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