

Pneumatic Walker Diabetic System (Air Cast Brand)



General Description:

A “Walker” is a walking boot that limits the movement of the ankle and or foot during activities such as walking and transfers.

Adjustable air bladders and a special pump are used to control swelling, promote circulation and reduce movement of the foot and leg inside the device, therefore reducing friction and shear to the skin.

A special rocker sole, along with this immobilization, reduces stress to the skin, joints, bones and tendons during activities.

Your physician may recommend using a cane, crutches, or a walker to limit the amount of weight you put on the leg while using the walking boot. These devices can aid in balance even if full weight bearing is allowed.

Arlington Heights
617 E. Golf Road, Suite 108
Arlington Heights, IL 60005
847-437-3929

Bannockburn
2101 Waukegan Road,
Suite 104
Bannockburn, IL 60015
847-444-0690

Lincoln Park/Chicago
2551 N. Clark St., Suite 200
Chicago, IL 60614
773-472-3663

Rush/Chicago
1725 W. Harrison St.
Suite 220
Chicago, IL 60612
312-942-2011

UIC/Chicago
1740 W. Taylor St.
Room C100
Chicago, IL 60612
312-996-6450

Hickory Hills
8641 W. 95th St.
Hickory Hills, IL 60457
708-599-8336

Naperville
1551 Bond St., Suite 111
Naperville, IL 60563
630-637-4638

Oakbrook Terrace
1S376 Summit Ave., Ct. E
Oakbrook Terrace, IL 60181
630-424-0392

Oak Park
401 Harrison Street
Oak Park, IL 60304
708-383-2257

Schererville
6629 W. Lincoln Hwy.
(Rt. 30), Suite 1
PO Box 507
Schererville, IN 46375
219-864-9501

Application:

Step 1: Prepare the boot for use

- Open all straps, remove front cover, and open all flaps (See Figure 1)
- Using the blue hand pump, remove the air from the 4 air bladders - this is done by attaching the end of the pump that says “deflate” to the valve attached to each air bladder; then squeeze the pump repeatedly until all air has been removed (See Figure 2)



Figure 1



Figure 2

Step 2: Prepare the leg

- Follow all physician instructions for wound care, dressings and topical medications
- If no specific physician orders are given, apply a long cotton sock that is non-restricting and longer than the walking boot (See Figure 3)
- Make sure the sock is wrinkle free and not too tight at the toes (See Figure 4)



Figure 3



Figure 4

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Step 3:

- While sitting, place leg in the brace with the heel positioned all the way to the back of the boot (See Figure 5)
- Smooth all wrinkles from the sock and air bladders
- Wrap side foot flaps over foot (See Figure 6)
- Loosely wrap toe cover over foot (See Figure 7)
- Apply front panel with foot portion tucked into brace (See Figure 8) and upper portion outside (See Figure 9)
- Secure all straps working from bottom to top (See Figure 10)



Figure 5



Figure 6



Figure 7



Figure 8



Figure 9



Figure 10

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Step 4:

- Inflate each air bladder in the order as shown in diagram 1
- Start with bladder #1
- Insert “inflate” side of hand pump into air bladder valve stem (See Figure 11)
- Squeeze and release blue hand pump bulb
- Repeat until bottom edge of indicator stops at indicated marker as shown in diagram 2
- Repeat for bladders #2, #3 & #4
- Once proper pressure is achieved, twist and remove blue hand pump

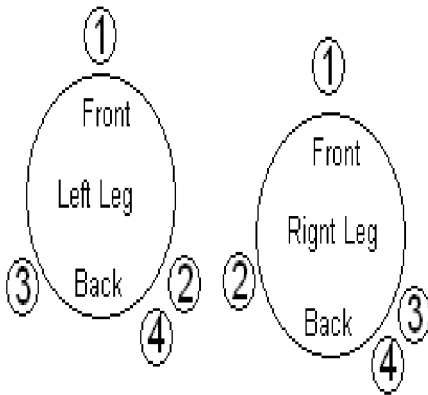


Diagram 1

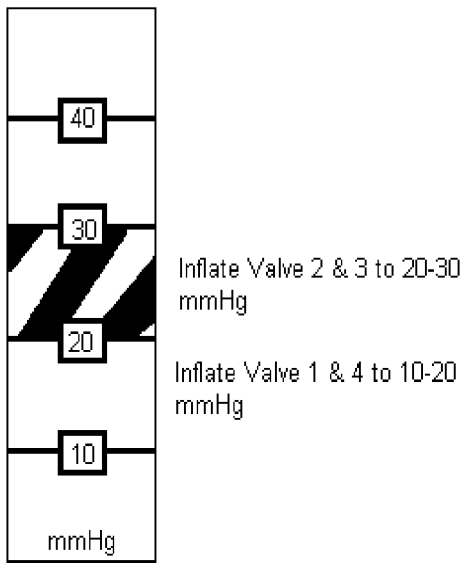


Diagram 2

Note:

Air pressure must be adjusted any time straps are adjusted and/or walking boot is removed.



Figure 11

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Step 5: Fold the cotton sock down over the air bladder valve stems (See Figure 12)



Figure 12



Care and Maintenance:

The cloth liner (air bladders) can be spot cleaned with a damp washcloth and soap and water. Rinse by wiping with a slightly damp, clean washcloth. Plastic and foam parts of the brace can be cleaned with a washcloth and rubbing alcohol. Always allow the brace to air dry before putting it on.

Tips and Problem Solving:

Monitor skin frequently for “hot spots”, skin irritation, or discomfort.

Always fold the cotton sock down over the air bladder valve stems.

Do not over-inflate air bladders. Improper air bladder inflation may cause significant skin irritation.

Call your Scheck & Siress office with any concerns or problems.

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Commonly Asked Questions:

Q: How long will I have to use this device?

A: The length of time is established and set by your physician.

Q: What does mmHg mean?

A: MmHg (millimeters of mercury) is simply a unit of measurements, similar to PSI (pound per square inch) used to measure tire pressure on your car. The unit is not as important as using the pump system correctly.

Q: Can I inflate the bladders to the correct pressure and then put on the brace?

A: No. Since the size and shape of your leg may change daily, the valves must be deflated and re-inflated each time the brace is put on or the straps are adjusted.

Q: When I get up at night do I have to wear the boot?

A: Your physician sets the wearing schedule. It is recommended that use the boot any time stress, such as walking, is being applied to the injured leg.

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