

**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.

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**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

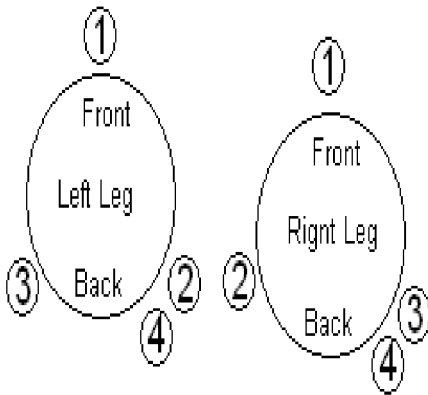


Diagram 1

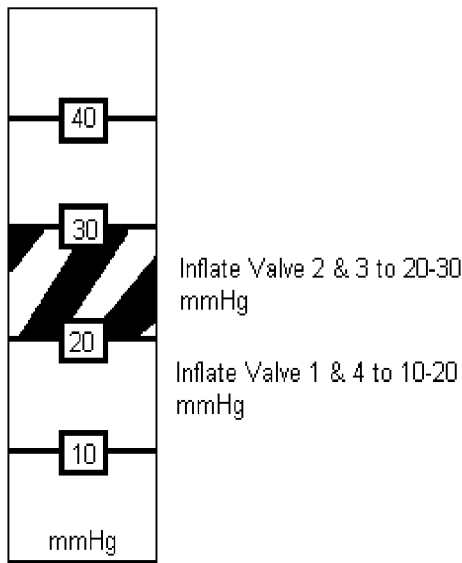


Diagram 2

**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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