



Orthotic & Prosthetic

SPECIALTIES INC.

BLED SOE BOOT

USE AND CARE INSTRUCTIONS

A Bledsoe Boot (also called a Bledsoe Walker or Cam Walker) is a foam lined brace to provide support and protection to the foot, ankle, or lower leg. It is sized and shaped to fit the contour of the patient's leg.

HOW TO USE YOUR BLED SOE BOOT

- Wear a cotton sock between your skin and the Bledsoe Boot. A sock will absorb perspiration and help protect your skin.
- The Bledsoe Boot should be worn in accordance to your physician's directions. Some patients will wear the brace 24 hours a day, others when they are up. Also, some patients are able to weight bear when they receive the brace, others are instructed by their physician to not bear weight yet.
- Putting on your Bledsoe Boot: position the Boot on your foot and leg with your heel back and down all the way into the Boot, close the foam leg and foot liner over your leg and fasten the Velcro closures on the liner, fasten the 2 Velcro foot straps securely, fasten the leg straps securely beginning with the bottom strap and working up your leg.
- When you first try to walk with your Bledsoe, you may feel awkward as the brace has a rocker sole. Practice in your home or with a physical therapist before you walk outside.
- It is VERY important to check your foot and leg for any red pressure areas. This is especially important for patients who are diabetic, who have swelling, or have poor sensation in their feet. Call your orthotist if you have any concerns.
- Do not become discouraged if you feel adjustment is needed. A minor adjustment might be needed to ensure a good fit. Call your orthotist to discuss this.

HOW TO CARE FOR YOUR BLED SOE BOOT

- Clean the liner of the Bledsoe Boot if it becomes soiled. If you need to remove the liner mark the location of the straps and uprights (the metal bars along the side of the leg) on the outside of the liner with a felt-tip pen. Wash the liner by hand in cold water with a mild laundry soap. Rinse it thoroughly. Let it air dry. Place the liner back into the boot with the straps and uprights in the same location.

IMPORTANT NOTES ABOUT YOUR BLED SOE BOOT

A Bledsoe Boot is a very specialized device. It is VERY important to keep all follow-up appointments made by your orthotist. Schedule an appointment at our office if any unexpected problems occur.