

# OAPL ANKLE WALKER

A Guide for Patients

 **oapl.**<sup>TM</sup>



# INTRODUCTION

You have been fitted with an OAPL Ankle Walker to control the alignment and reduce the movement of the bones and joints in your lower leg and foot.

The OAPL Ankle Walker is available in 2 styles:

1. Standard Ankle Walker with a Foam Liner
2. Air Ankle Walker with an Inflatable Liner

Patient's are usually fitted with an ankle walker due to one of the following:

- Post operatively due to foot or ankle surgery.
- To restrict movement following soft tissue injuries of the ankle.
- Fractures and/or Achilles tendon repair or injury.

**Consulting Orthotist**

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**Clinic Attended**

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**Date Attended**

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# APPLICATION

Your Orthotist will fit the walker to your injured limb. It will be set up in the ideal position for your injury.

## Step 1

Leave the liner attached to the plastic uprights. Put your leg into the walker ensuring that your heel is right to the back and you can feel it contacting with the bottom.

## Step 2

Close the liner firmly around your calf and across the top of your foot.

## Step 3

Fasten the straps.

Begin with the strap over the middle of your foot closest to the ankle.

Feed the strap through the "D" ring and pull it firmly. Use the pads provided under this to prevent rubbing.

## Step 4

Next, fasten the strap closest to the ankle.

Followed by the two remaining straps on the leg.

Ensure that all straps are secured firmly. They should not cause any discomfort but need to be firm in order to immobilise your foot and ankle.

If you are unsure about how firm they need to be, get your Orthotist to mark the straps so that there is no doubt.



# APPLICATION

## Step 5

Finally, fasten the last strap across the foot.

If you have an inflatable liner model turn the valve in a clockwise direction and use the blue button to inflate the liner until a snug fit is achieved.



## Step 6

To remove the walker:

1. Deflate liner (turn valve anti-clockwise direction).
2. Undo all the straps in any order making sure that you stick the velcro back on itself. This prevents it from getting tangled and sticking to everything else (i.e. clothes).
3. Open up the liner down the front of your leg.
4. Open up the liner over the foot.
5. Lift your leg out leaving liner attached to the plastic base and uprights.

**Check with your specialist or orthotist as to how much weight you can take on the affected side.**

# WEIGHT BEARING INSTRUCTIONS

You may find your walker a little bit difficult to walk in at first until you get used to it. If you have been using crutches or a stick you may want to continue to use these for a few days until you have adjusted.

The heel height of your walker is about the same as a pair of running shoes. It is therefore recommended that you wear a runner or equivalent on the other foot to try and keep you as even and balanced as possible.

It is suggested that you wear the walker with a sock so that the sock rather than the liner of the walker absorbs any perspiration. This will also keep your toes warm.

Your specialist/doctor will advise as to the length of time that you will be required to wear the ankle walker.

You should have a review appointment with them in several weeks time to assess your progress.

# CONTACT DETAILS

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