

YOUR MANAGEMENT:

When can you take your CAM walker off?

- Do not remove
- At night
- In the shower (seated)

How much weight can you put on your CAM walker when walking?

- Full weight
- A little bit of weight
- No pressure on CAM walker

CONTACT DETAILS

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by
You*

CAM walker

Instructions for wearing a CAM walker

WHAT IS A CAM WALKER?

CAM walker stands for “controlled-ankle-movement” walker. The CAM walker immobilises your ankle and provides even pressures across your whole foot and leg.

WHEN IS A CAM WALKER USED?

A CAM walker is worn after surgery, injuries to ligaments, fractures and chronic overuse injuries. It can be used instead of a plaster cast.

WHEN SHOULD I WEAR MY CAM WALKER?

Wear the CAM walker at all times including at night and in the shower, unless your doctor or Orthotist tells you otherwise.

CAN I WEAR MY CAM WALKER IN THE SHOWER?

Ask your doctor if you are allowed to remove your CAM walker when you have a shower. If this is allowed:

- Always sit down in the shower
- Remove the CAM walker when you are seated
- Whilst you are sitting down, put the CAM walker on again

If you are not allowed to remove the CAM walker, you will need to ensure it does not get wet. You can wrap your leg in a plastic bag or have a sponge bath instead of showering.

WHAT IS A ROCKER SOLE?

A rocker sole is the curved bottom of a CAM walker, which allows smooth walking. Because your ankle and foot are immobilised, the rocker sole allows easier movement when walking.

HOW TO CARE FOR YOUR CAM WALKER

- Check your skin at least once a day for red marks from rubbing. If the redness does not go away after 5 minutes you should speak to your Orthotist about this.
- Wear a long thin sock under the CAM walker to keep the soft liner clean. Change your sock daily.
- Do not remove the foam liner from the plastic shell, unless you have discussed this with your Orthotist.

DO NOT ALTER THE ORTHOSIS YOURSELF. PLEASE CONTACT YOUR ORTHOTIST WITH ANY CONCERNS ON: (03) 9231 3837

HOW DO I PUT MY CAM WALKER ON?

1. Sit down with your knee bent and open the foam liner out wide.
2. Place your foot into the CAM walker. Make sure your heel is all the way down (flat) and at the back of the CAM walker.
3. Place a small pad over the top of the ankle.
4. Wrap the foam liner firmly around your leg and fasten the Velcro firmly.



5. First, attach the ankle strap firmly.
 - This will place your ankle in the correct position.
6. Next, fasten the foot strap
 - Then, fasten each strap going up towards the knee
 - The straps should be as firm as possible without causing you pain

HOW TO REMOVE YOUR CAM WALKER:

1. Undo all the straps
2. Undo the liner and open it up wide (do not pull liner away from the plastic)