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This leaflet is available in large print. Arrangements can also be made on request for it to be explained in your preferred language. Please contact the Patient Advice and Liaison Service (PALS) email: rjah.pals.office@nhs.net

Feedback

Tell us what you think of our patient information leaflet. Please send your comments to the Patient Advice and Liaison Service (PALS) email: rjah.pals.office@nhs.net

The Robert Jones and Agnes Hunt Orthopaedic Hospital / Tel: **01691 404442**

RECEPTION OPENING TIMES

Monday – Thursday, 8.15am – 5pm
Friday, 8.15am – 4.45pm

GENERAL ENQUIRIES

Monday – Thursday, 8.45am – 5pm
Friday, 8.45am – 4pm

The Royal Shrewsbury Hospital

Tel: **01743 261000** Ext: **3701**

Monday – Thursday, 9am – 4pm
Friday, 8.30am – 3pm

The Princess Royal Hospital

Tel: **01952 641222** Ext: **4224**

Monday – Thursday, 9am – 4pm
Friday, 9am – 12.30pm

ALL SITES ARE CLOSED FOR LUNCH 12.30PM – 1.15PM

In the event of an accident, new pain or wound, or change in appearance or temperature involving your feet, please contact the emergency number on 07843 505015 for urgent intervention. This number is available Monday-Friday, 9am to 5pm. Outside of these hours and at weekends, please ring 999, as failure to act quickly may have serious consequences.

The Robert Jones and Agnes Hunt
Orthopaedic Hospital NHS Foundation Trust,
Oswestry, Shropshire SY10 7AG
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web: www.rjah.nhs.uk

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Information for patients

Diabetic Rebound Walker – Ulceration




Orthotics
RJA H


Diabetic Rebound Walker

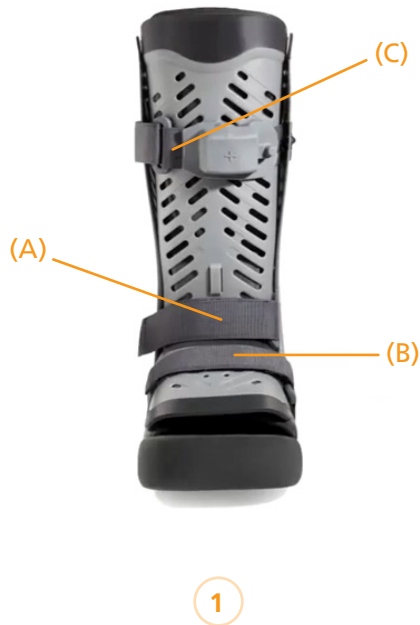
The diabetic rebound walker is designed to immobilise the foot and ankle to reduce forces through the foot. It is an effective way to protect the bony and soft tissue structures of the foot and may be supplied for several reasons. The most common reasons include suspected or confirmed Charcot Arthropathy to maintain the current foot shape and structure, as well as for offloading areas of pressure or areas of ulceration on the sole of the foot.


Rebound Walker Application

Always ensure to wear the sock provided and remove any creases or wrinkles. If the Rebound walker has been fitted with a custom insole, this needs to remain in the base of the walker.

Place your foot into the walker, ensuring the heel is as far back as possible and the foot is making full contact. Next close the inner lining of the walker boot and place the front shell on. Fasten the 3 straps in the order shows below, securing the heel first (A), then the foot (B), and finally the calf (C).

Once secured, you must inflate the boot to provide the offloading. This is done by pressing the  button on the front of the calf strap until the boot feels snug. This may take several presses to achieve the best fit, but you do not need to worry about over inflation as there is a valve to prevent this. Once inflated, your boot is ready to be walked on.



The boot must be deflated before removing, which is done by holding the  button on the calf strap. This may take a few seconds, and once done, the straps can be undone to remove the boot.

Walking with the Rebound Walker will feel odd at first and you may find the use of a crutch or stick will help with your balance. This is because the sole has a built-in rocker to allow fluid movement as your ankle is immobilised.

A temporary leg length discrepancy may be created with use of the boot, so your orthotist may also provide you with an 'EvenUp' slipper to fit to your regular shoe on the opposite side to keep you level and reduce stress on your hips and lower back. Some studies have also shown that equalising leg lengths when using a walker boot, and practicing short and slow steps, helps with reducing pressure on your healthy foot.

It is important during the first few days of use to keep an eye on your skin after you remove your boot. We advise you remove the boot every couple of hours to check your skin. Once you have settled into your walker, it should be on your foot from when you get out of bed in the morning to when you go to bed. You should not weight bear without it.

We provide the clinical services for orthotics at the Robert Jones and Agnes Hunt Orthopaedic Hospital, Oswestry, The Royal Shrewsbury Hospital, and the Princess Royal Hospital, Telford. Please find the relevant contact details overleaf.

Please note that any device supplied by the Orthotics Department is property of the Robert Jones and Agnes Hunt Orthopaedic Hospital NHS Foundation Trust and should be returned to the department upon the end of its use unless advised otherwise. Do not dispose of any devices until they have been inspected by a member of the Orthotics team, or unless you have been informed to do so by a member of the team. In the event of loss or damage beyond expected wear, you may be asked to pay a replacement fee.