

Information for patients

Diabetic Aircast Walker



Orthotics

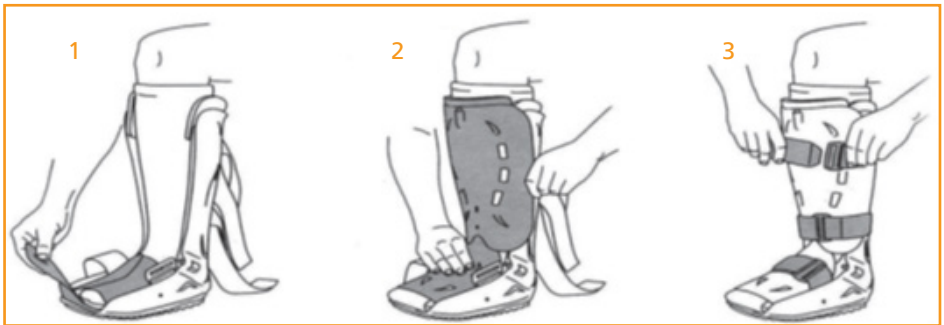
Diabetic Aircast Walker

The diabetic Aircast walker is designed to immobilize your foot and ankle and reduce the forces being placed through your foot. The reduction of force is to protect the bony and soft tissues in your foot and is supplied for a number of different reasons.

Diabetic Aircast walkers are commonly prescribed to contain a foot diagnosed with Charcot to maintain the current foot shape and structure. They are also prescribed to off load pressure or ulcerated area's on the sole of the foot.

Aircast application

- Always put on the sock first ensuring it is pulled up nice and taut so there are no creases and wrinkles in it. If your Aircast has been fitted with a custom made insole please leave this inside the walker.
- Place your foot into the back of the walker ensuring the whole of the sole of your foot is making full contact with the boot and your heel is all the way back in.
- Next wrap the 3 soft sections over your foot as the first picture shows.



- Then place the front shell on. On the foot section the shell will sit between your foot and the walker and on the leg section it sits over the back section of the walker. As shown in the 2nd picture.
- Fasten the hook and loop fastening straps starting at the foot, then the ankle and finally the calf, ensuring they are all firm. As shown in the 3rd picture.
- Using the pressure pump the walker then needs to be inflated. Inflate the valves in the following order and to the following pressures using the inflate end of the hand pump:

1st	Front	pressure of 20
2nd	Inside	pressure of 30
3rd	Outside	pressure of 30
4th	back	pressure of 20

The boot is then ready for you to walk on. The sole of the walker has a rocker effect built into it to make walking easier as you can no longer use your ankle. However, your balance will feel a little altered to start with and you may need to use a stick or crutch.

A temporary discrepancy in leg lengths may be created when the Aircast boot is being worn, so your Orthotist may provide you with an 'even up' slipper. This is a lightweight device which fits over your existing shoe on your healthy limb. The 'even up' slipper will help to address the leg length discrepancy, which will help you to walk more naturally and reduce stress on your hips and lower back. Some studies have also shown that equalizing leg lengths when using a walker boot, and practicing short slow steps, helps to reduce pressures on the healthy foot.

Before you remove the boot, it must be deflated, using the opposite end of the pump in each of the valves and squeezing the bulb will deflate the walker. It doesn't matter which order you deflate the valves in. Change your lining sock daily and wash as you would a normal sock. When you first start wearing your walker you need to keep a close watch of your skin condition, which will result in you having to remove the walker and sock several times a day initially.

Once you have settled into your walker within a couple of days it should be on your foot from when you get up to when you go to bed. You should not weight bear without it on.

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

Below are the opening times for the department for dropping off/collecting footwear and appliances.

RECEPTION OPENING TIMES

Monday – Thursday, 8.15 am – 5.45 pm

Friday, 8.15 am – 4.45 pm

GENERAL ENQUIRIES

Monday – Thursday, 8.45 am – 5 pm

Friday, 8.45 am – 4 pm

CLOSED FOR LUNCH 12.30 pm – 1.15 pm

The Royal Shrewsbury Hospital / Tel: 01743 261000 Ext: 3701

Monday – Thursday, 8.30 am – 4pm

Friday, 8.30 am – 3 pm

CLOSED FOR LUNCH 12.30 pm – 1.15 pm

The Princess Royal Hospital / Tel: 01952 641222 Ext: 4224

Monday – Thursday, 9 am – 4.30 pm

Friday, 8.30 am – 12.30 pm. Closed pm

CLOSED FOR LUNCH 12.30 pm – 1.15 pm

Please note we are only able to offer appointments at the site you have been referred to by your consultant/G.P. even if this isn't the most local to your home address.

If you require a special edition of this leaflet

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

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Author: Clare Pugh/Adam White
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**The Robert Jones and Agnes Hunt
Orthopaedic Hospital NHS Foundation Trust,**
Oswestry, Shropshire SY10 7AG
Tel: 01691 404000
www.rjah.nhs.uk