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Author: Lucy Preece - Senior Orthotist
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Information for patients Range of Movement Walker



Orthotics

The Robert Jones and Agnes Hunt
Orthopaedic Hospital NHS Foundation Trust,
Oswestry, Shropshire SY10 7AG
Tel: 01691 404000
www.rjah.nhs.uk

ROM walker/Pincam

A foot and ankle brace which provides range of movement (ROM), control to the ankle.

ROM walkers are prescribed for the following:

- Conservative or post-surgical treatment of ruptured Achilles tendon.
- Post ligament, soft tissue and tendon injury and/or surgery

Your ROM walker will be prescribed by your consultant and fitted by an Orthotist. It consists of a plastic and metal frame with a range of movement dial (which will be set up by the Orthotist) and a foam liner. It is held on with Velcro straps.

Wearing of your ROM walker

For hygiene purposes you should always wear a sock with your ROM walker and it should be worn 23 hours a day. You may remove the ROM daily to wash your foot, change your sock, and wipe down the brace with damp cloth/wipe and towel dry.

When removing the ROM walker it is very important that you maintain the position that your ankle is in within the brace. Please ensure that you do not weight bear whilst the ROM is removed.

Also check your skin for any red marks or rubs. It is normal for there to be red marking usually where the straps have been fastened but these should disappear in 30-45mins.

If the marks are persistent contact The Department of Orthotics straight away.

RSH: 01743 261000 EXT:3701 PRH: 01952 641222 EXT: 4224 RJA: 01691 404442

Putting on and removing your ROM walker

To put on your ROM walker first ensure you are wearing a sock. Open all the straps and foam lining. Place your foot all the way back in to the ROM walker ensuring the heel is flat on the bottom. Fold the foam liner front flaps over each other and secure with the Velcro attached. Next fasten the three straps over the leg and two over the foot securely, you shouldn't be able to move your leg or foot in the brace but you should still be able to wriggle your toes.

Treatment Plan

Treatment plans vary from patient to patient and are decided on by your consultant team. Your consultant will advise you on the length of time you will likely need to use your ROM walker and whether you require surgery or any other treatments.

A typical treatment plans is as follows:

- First two weeks your ROM will be blocked at 30 degrees of plantarflexion (foot pointed down). You will have limited movement of your foot and ankle. You will be able to further point your toes but you won't be able to dorsiflex (bring your toes to your nose). During this time you will be non-weight bearing
- Weeks 3-4; your ROM walker will be adjusted by the Orthotist/or member of the consultants team. The plantarflexion will be reduced to 15 degrees; you will be able to move you ankle more but will continued to be non-weight bearing
- Weeks 5-6; your ROM will be adjusted to neutral (foot and ankle at 90 degrees to each other) and you will be allowed to begin weight bearing
- Weeks 7-8; ROM will be removed. At this point your consultant will refer you for Physiotherapy who will provide you exercises to continue your rehabilitation

RSH

Mon, Tues, Weds, Thursday 9 - 12:30 / 1:30- 4:30, Fri 9 - 12:30
Tel: 01743 261000 EXT: 3701

PRH

Mon, Tue, Thur 9:30 - 12:30 & 1:15 - 4:00pm
Wed 9:30 - 12:30 & 1:15 - 4:15pm, Friday 9:30 - 12:30
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