

# CAM walker

## About your 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. A CAM walker can be used instead of plaster cast for certain ligament, bone, and overuse injuries. It can also be used after some types of surgery.

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

When using a CAM walker it is important to check your skin at least once a day for red marks from rubbing. If the redness does not go away after five minutes you should speak to your doctor or physiotherapist about this. Wear a long thin sock under the CAM walker to keep the soft liner clean and change your sock daily. Do not remove the foam liner from the plastic shell, unless you have discussed this with your doctor.

## When do I use my CAM walker?

It is important to wear the CAM walker at all times, unless your doctor or health professional tells you otherwise. More details will be outlined in your personal management plan (right).

## Can I wear my CAM walker in the shower?

Ask your doctor or health professional 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
- While you are still sitting down, put the CAM walker on again at the end of the shower

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.

## 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. When closing with the large black straps: first, attach the ankle strap firmly. This will place your ankle in the correct position.
6. Next, fasten the foot strap.
7. Then, fasten each strap going up towards the knee. The straps should be as firm as possible without causing you pain.

## How do I remove my CAM walker?

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

## My management plan when going home from the emergency department:

How much weight can I put on my CAM walker when walking?

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

### Can I remove the boot?

- Do not remove  
 Remove at night  
 Remove in the shower (when seated)

### When can I take my CAM walker off?

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### Who do I see to review my clinical progress?

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## Return to Cabrini ED if:

- Your foot and/or toes become swollen or have changed colour (to white or blue), even after being elevated (raised) for 20 minutes
- Your foot or toes feel numb
- Your foot or toes are very cold to touch
- You develop ‘pins and needles’ in your foot or toes

## PATIENT INFORMATION

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- You have severe pain not controlled with the medications you have been given, especially in the first 24-48 hours
- If your CAM boot is painful to wear, or too loose or tight
- If the skin becomes red or hot to touch

### Seeking help

Cabrini Emergency Department (ED) is staffed by experienced emergency doctors and nurses 24 hours a day, 7 days per week. If you have any questions about your ED treatment our qualified ED staff can be contacted on **(03) 9508 1500** at any time. If you need to return to Cabrini ED for ongoing care we would be glad to take care of you again and if this occurs within a week of your initial consultation the doctor's fee will be bulk-billed.

You can also expect to receive a phone call or SMS message from one of our emergency nurses the day after you have been discharged. The nurse will be able to clarify any aspect of your diagnosis, treatment, or follow-up.

In a medical emergency return to Cabrini ED if it is safe to do so or go to the nearest hospital emergency department or call an ambulance – dial triple zero (000).

### Want to know more?

- Contact Cabrini ED on **(03) 9508 1500**
- Ask your local doctor or healthcare professional
- Visit the Better Health Channel at [www.betterhealth.vic.gov.au](http://www.betterhealth.vic.gov.au)

