

## INFORMATION FOR PATIENTS

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# Equaliser walker boot

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This leaflet is intended as further help to patients who have been supplied with an Equaliser boot. If advice in this leaflet differs from what you have been told on the ward or in clinic, wear as directed by the physiotherapist/orthotist, as this will be specific advice to your individual needs.

### Your Equaliser walker boot

Equaliser boots are prescribed to support the ankle during walking and day to day activities. This may be necessary to:

- Protect the ankle prior to surgical repair following an injury.
- Reduce instability due to muscle weakness.

### When should I wear my boot?

You should wear your boot all the time unless instructed otherwise by your consultant and therapist. You will need to remove for washing, skin checks and any exercises provided by your physiotherapist.

You should remove your boot at least twice a day to make sure there is no skin damage.

If you notice any skin damage or irritation, please contact either the orthotic or physiotherapy department, or your GP.

### Fitting your boot

The Equaliser boot should be fitted while sitting down.

**Step 1:** Place your foot in the liner with the heel fitting snugly into the back portion of the liner. Fasten and wrap the foot flaps, then the leg portion of the liner. The liner should be snug from top to bottom but should not constrict.

**Step 2:** Fasten the hook and loop straps beginning at the toe then moving up the leg. Do not over tighten. As swelling patterns change it may be necessary to adjust the straps.

### Removing your boot

The Equaliser walker boot should be removed while sitting down.

To remove, simply unfasten the straps without removing them completely from the assembled walker. Unfasten the soft good liner and gently bring the foot and ankle forward and out of the boot.

A video demonstration of how to fit and adjust the Equaliser walker boot can be found at:

<https://www.youtube.com/watch?v=RqfK70zN1IM&list=PLDUq7Woj6iivepVeerHFLp-q-xwgR19tOT&index=16>

## Care instructions

Hand wash the liner in warm water with a mild detergent. Rinse thoroughly; if you do not rise well, residual soap may cause irritation and deteriorate the material.

Allow the liner to air dry.

### IMPORTANT

DO NOT put any part of the Equaliser walker boot in a washing machine or tumble dryer.

### Your boot has been fitted by:

(Name) .....

(Role) .....

### Contact details:

- Physiotherapy Department  
Telephone: (01623) 672384.
- Plaster Room, Clinic 1  
Telephone: (01623) 622515, extension 4114.

Physiotherapy Services  
Clinic 10  
King's Treatment Centre  
King's Mill Hospital  
Mansfield Road  
Sutton-in-Ashfield  
Notts  
NG17 4JL

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### Further sources of information

NHS Choices: [www.nhs.uk/conditions](http://www.nhs.uk/conditions)  
Our website: [www.sfh-tr.nhs.uk](http://www.sfh-tr.nhs.uk)

## Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

**King's Mill Hospital:** 01623 672222

**Newark Hospital:** 01636 685692

**Email:** [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net)

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net).

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you.

External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them.

If you require a full list of references for this leaflet (if relevant) please email [sfh-tr.patientinformation@nhs.net](mailto:sfh-tr.patientinformation@nhs.net) or telephone 01623 622515, extension 6927.

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