

# CAM boot for lower limb fractures

## What is a CAM boot

A CAM boot is a boot used to protect your foot and ankle after an injury such as a broken ankle.

Your treating Doctor, Physiotherapist or Nurse may fit a CAM boot for your injury.

In some cases it can be used in place of a plaster cast.

It is important to follow the instructions from your health care professionals to ensure the best possible recovery to your injured limb.

## What bone have I broken?



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## How much weight can I put on my broken leg?

- None
- A little bit (less than 10kgs)
- Full
- As much as you can tolerate

## How to look after your leg/foot and boot

1. Keep your leg elevated on pillows, as much as possible – especially for the first 2-3 days. Make sure your heel is off the end of the pillow and not resting on anything.
2. To help the circulation of blood in your leg, move your toes and any other joints not in your boot, every hour.
3. Look after the skin underneath your boot. Do not stick anything down your boot and avoid powders and sprays from getting under your boot. Damage to the skin could cause a wound which can then become infected. If you are itchy, gently tapping the boot can help.
4. Use your crutches or other walking aid as recommended by your doctor or physiotherapist. If you have been told not to put weight on your foot/ankle, walking on your boot might make your injury worse.
5. Do not get the boot wet. It can also cause damage to the skin under your boot. Before showering or bathing, wrap a towel around your boot and then cover it with a plastic bag.

