

Care and Maintenance

The brace is designed to give assistance to weakened internal and surrounding structures, thereby reducing pain in the foot and ankle and improving comfort. In some cases, it may have been prescribed to prevent further damage to an unstable injury, or may be used post-operatively to assist repaired structures and increase mobility during rehabilitation.

Your doctor/clinician will have advised you on how long you have to wear your support. The brace must be fastened securely to provide support but not so tight as to cause discomfort. If you have swelling which increases throughout the day you may have to reapply your brace or adjust the strapping as not to cause disruption in the blood supply to the lower leg.

NOTE: If you have a severe or long-term knee condition, your clinician may direct you to wear your appliance daily. Always follow your own clinician's wearing instructions.

- Wash periodically by hand with a damp cloth and mild soap
- Use a towel to absorb most of the dampness and then allow to dry at room temperature.
- Do not hang up, or iron and do not expose to direct heat sources such as stoves, heaters, radiators, direct sunlight etc
- Do not expose to alcohol, ointments or solvents.
- CONTAINS LATEX



Fixed Walker / Fixed Air Walker

Fitting Guidelines & Care Instructions



FW(-A) IFU - Revision 4 - Jan 2024

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Single Patient Use



Not Fire Retardant



Features

- Lightweight, comfortable, fixed ankle walker with fixed malleable uprights to stabilise the foot and ankle, replacing the need for heavy casting
- Adjustable straps and soft liner accommodate volumetric soft tissue changes, with universal fit for left or right leg
- Non-skid rocker bottom sole with low height to facilitate natural gait
- Easily removable for examination and bathing
- Air Walker has an air liner providing "Total Contact" fitting and support
- Air liner decreases pain and swelling and promotes faster healing

Indications

- Stable lower limb, foot and ankle fractures
- Soft tissue, sprain and ligament injury
- Achilles Tendon repair
- Post-surgery management
- Acute Plantar Fasciitis
- Oedema control

Size Table

Size	Shoe Size		Fixed Walker	Fixed Air Walker
	UK	Euro		
Small	< 5	<38	FW-S	FW-A-S
Medium	5 - 8	38 - 42	FW-M	FW-A-M
Large	9 - 12	43 - 47	FW-L	FW-A-L
X Large	12+	47+	FW-XL	FW-A-XL

Fitting Instructions

1. Remove the walker from the protective plastic bag and detach the foam bootie. DO NOT remove the plastic sleeves that are over the uprights. These plastic sleeves must remain over the uprights during the initial phases of the fitting procedure.
2. Open the leg and foot sections of the foam bootie by releasing the Velcro hook

from the foam. Slide the foot and lower leg into the bootie.

3. Close the bootie, making sure that the foam is wrapped snugly around the limb. The pre-sized bootie is designed with sewn edges and you should not have to trim it to size (however it can be cut if needed)
4. Make sure that the plastic sleeves over the uprights are still completely covering the Velcro hook that is attached to the inside of the uprights. Place the foot in the aluminium shell between the two uprights. The foot should be positioned so the uprights are centred at the midline on the side of the leg.
5. To optimise stabilisation, the uprights can be contoured to ensure an intimate alignment with the sides of the calf. There are also foam comfort pads mounted on the inside of the uprights (near the ankles) that can be moved to enhance comfort, or removed to increase the medial-lateral width between the uprights.
6. When you are sure the uprights are properly contoured and in the proper alignment (centred at midline on the sides of the leg), remove the plastic sleeves from the uprights. The Velcro hook on the inside of the uprights will lock onto the foam bootie.
7. Tighten the two forefoot straps that secure the foot in the boot until they fit snugly. These straps can be adjusted by simply loosening or tightening the Velcro hook tabs. Any excessive material can also be trimmed off for a cleaner look.
8. Tighten the three straps that secure the lower limb between the uprights, starting with the strap closest to the ankle. The three straps should be tightened firmly.
9. Walk in the boot to ensure the walker is fitting and functioning properly.

REMOVING THE BOOT - When removing the boot during recovery (if allowed), or when the boot is removed during a progress check-up, the straps should be released and the Velcro hook that closes the bootie should be opened to allow the entire boot to be removed WITH THE BOOTIE STILL LOCKED IN POSITION IN THE FIXED WALKER SHELL. This allows for easy re-application of the bootie and boot with the proper leg alignment.

FOR FIXED AIR WALKERS - please follow additional instructions:

- To increase compression, the pneumatic bladder can be inflated by compressing the ball pump on the front of the bootie. To deflate the pneumatic bladder (to reduce compression), PUSH IN and hold the black valve located directly below the ball pump.