

# Wearing Aircast Boot

## How to wear the Aircast Boot?



Image from: <http://youtu.be/JjMfzYE0oSA?feature=shared>

1. Put on the sock or tubigrip provided to enhance comfort.
2. Place your foot in with your heel against the back of the boot.
3. Wrap the liner around your foot, starting from the bottom to the top.



Image from: <http://youtu.be/JjMfzYE0oSA?feature=shared>

4. Place the front panel on top of your foot, secured to the liner.
5. Secure the straps starting from the bottom to the top until the boot is snug and comfortable.
6. To inflate the 'air cells' for a proper fit, first locate the number at the side of the boot. There are 2 numbers on your boot.



Image from: <http://youtu.be/JjMfzYE0oSA?feature=shared>

7. Start with the injured/operated side of your foot. Adjust the dial to the appropriate 'air cell' number.
8. Press and release the inflation button (big one) until the 'air cell' feels snug but not too tight.
9. Turn the dial to the other number.
10. Once again, press and release the inflation button until the 'air cell' feels snug but not too tight.

## How to remove the Aircast Boot?



Image from: <http://youtu.be/JjMfzYE0oSA?feature=shared>

1. Deflate the air cells before removing the boot. To deflate the 'air cell', press and hold the deflation button (small one). You can deflate either 'air cells' by turning the dial (Figure 9).

**\*Disclaimer:** The brochure serves as a reference. Kindly check back with your Physiotherapist/ Doctor if you have any further questions.

Contributed by Physiotherapy, Rehabilitation, Allied Health Services

This brochure is produced for educational purposes and should not be used as a substitute for medical diagnosis or treatment. Please seek the advice of a qualified healthcare provider before starting any treatment or if you have any questions related to your health or medical condition.

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