

Wearing VACOped Boot

How to wear the VACOped Boot?



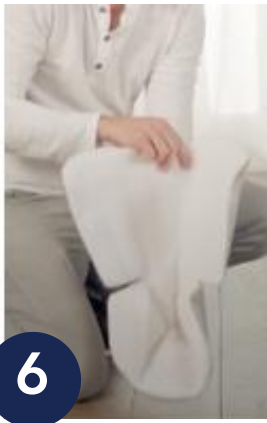
Image from: http://youtu.be/S8KE8_mmnJE?feature=shared

1. Unplug the valve cap.
2. Pull the plug outwards and move it to the side to allow air to flow in.



Image from: http://youtu.be/S8KE8_mmnJE?feature=shared

3. Unfasten all straps past the velcro straps together, and pull them aside neatly.
4. Remove the upper shell.
5. Remove the lower shell and you are left with the fabric liner.



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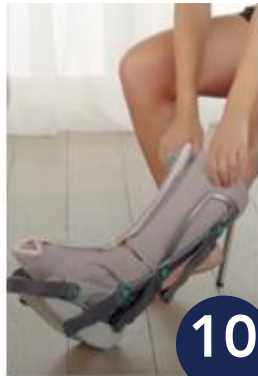
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Image from: http://youtu.be/S8KE8_mmnJE?feature=shared

6. Open the liner, then shake and
7. Smooth out the liner to release vacuum beads.
8. Place the foot into the back of the fabric liner and close the velcros.



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Image from: http://youtu.be/S8KE8_mmnJE?feature=shared

9. Position the liner with the foot into the lower shell.
10. Pull the fabric liner upwards.
11. Position the foot into the back of the lower shell.
12. Attach upper shell. The valve must not be broken or covered by the upper shell.



Image from: http://youtu.be/S8KE8_mmnJE?feature=shared

13. Fasten straps in this sequence: A > B > C > D. Comfortable but not loose.

- i. Correct position of upper shell: front = inside lower shell.
- ii. Correct position of upper shell: top = outside lower shell.



Image from: http://youtu.be/S8KE8_mmnJE?feature=shared

14. Push the valve ring downwards. The suction pump only fits if this is fully pushed back.

15. Attach the suction pump, and squeeze until the pump no longer inflates.

16. Remove the pump, and close the valve cap.

***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

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