

Wearing your Moon Boot

What to expect, and tips to make it more comfortable

Your moon boot (also called a CAM walker) protects and supports your injury while it heals, by limiting movement and reducing load through the foot, ankle or lower leg. It can feel bulky and unfamiliar at first — this is completely normal, and most people adjust within the first few days.

What to expect

- Your leg may feel heavier and slightly off-balance at first — take extra care on stairs and uneven ground.
- Mild swelling in the foot or ankle is common, especially by the end of the day. Elevating your leg helps.
- The boot may feel warm, and some sweating is normal — this settles once you get into a routine.
- You may walk with a slightly different gait due to the rocker sole — this is intentional and helps you roll through each step.
- Some skin redness or mild pressure marks can appear early on, particularly over bony areas. These should fade — persistent redness or sore spots should be checked by us.
- Your muscles may feel weaker or tighter once the boot comes off, especially after longer periods of wear — this is expected and usually resolves with rehab.

Tips & tricks for comfort

- **Follow your weight-bearing instructions closely** — your doctor will tell you whether you can put full, partial, or no weight through the leg, and whether you'll need crutches. Wearing the boot doesn't automatically mean it's safe to bear weight.
- Wear a clean sock — a thin, moisture-wicking sock reduces rubbing and helps manage sweat.
- Even up your step — wear a shoe with a similar heel height on your other foot, or use a levelling shoe, to reduce hip and back strain. (search EVENup Shoe Balancer)
- Check the straps daily — snug enough for support, but not so tight that they cut off circulation. Re-adjust as swelling changes through the day.
- Elevate when resting — prop your leg above hip height when sitting or lying down to help control swelling.

- Loosen it at night if advised — some patients are told to keep the boot on overnight, others can loosen or remove it. Follow your specific instructions, and check with us if you're unsure.
- Protect it from water — cover the boot with a bag or waterproof cover when showering, or remove it if you've been told it's safe to do so.
- Wear a supportive shoe with a similar sole height indoors too — don't just save this for outings, as thongs or flat sandals worsen the height mismatch.
- Keep it clean — wipe down the liner regularly and air it out to prevent odour and skin irritation.
- Move your toes often — gentle toe wiggles inside the boot help circulation, especially if you're sitting for long periods.
- Take it off for allocated rest periods (if permitted) — this gives your skin a break and lets you check for pressure areas.

Return to the Emergency Department if you notice:

- Increasing pain, numbness, or tingling in your toes
- Toes turning pale, blue, or feeling cold
- Skin breakdown, sores, or persistent redness under the boot
- New or worsening swelling that doesn't improve with elevation