

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

Your weight-bearing instructions

Wearing a boot **doesn't automatically mean it's safe to put weight on your leg**. Follow the instructions you were given: full, partial or no weight, and whether you need crutches. If you're unsure, please call us.

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. Raising your leg helps.
- The boot may feel warm, and some sweating is normal.
- The curved (rocker) sole changes the way you walk. This is intentional, and helps you roll through each step.
- Some redness or mild pressure marks can appear early on, especially 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 improves with rehabilitation.

TIPS FOR COMFORT

- **Wear a clean sock.** A thin, moisture-wicking sock reduces rubbing and helps with sweat.
- **Even up your step.** Wear a supportive shoe with a similar sole height on your other foot, indoors as well as out, or use a shoe leveller. This reduces strain on your hips and back. Avoid thongs and flat sandals, which make the height difference worse.
- **Check the straps daily.** They should be snug enough for support, but not so tight that they affect your circulation. Re-adjust as swelling changes through the day.
- **Raise your leg when resting.** Prop your leg above hip height when sitting or lying down.
- **At night, follow your instructions.** Some people need to keep the boot on overnight, while others can loosen or remove it. Check with us if you're unsure.
- **Keep it dry.** Cover the boot with a bag or waterproof cover when showering, or remove it only if you've been told it's safe to.
- **Keep it clean.** Wipe down the liner regularly and let it air out, to prevent odour and skin irritation.
- **Move your toes often.** Gentle toe wiggles inside the boot help your circulation, especially if you're sitting for long periods.
- **Take rest breaks out of the boot, if allowed.** This gives your skin a break and lets you check for pressure areas.

Call the fracture clinic if you notice

- Increasing pain, numbness or tingling in your toes
- Toes turning pale or blue, or feeling cold
- Skin breakdown, sores, or persistent redness under the boot
- New or worsening swelling that doesn't improve when you raise your leg
- Pain, swelling, warmth or redness in your calf

Phone (07) 5346 8000 · Email fracture@balanceortho.com.au

Outside clinic hours: go to your nearest emergency department. If you have chest pain or sudden shortness of breath, call 000.

EXERCISES WHILE WEARING A MOON BOOT

Staying still for long periods can lead to stiffness, swelling and muscle loss, even while your injury is protected by the boot. These gentle exercises help protect your strength and circulation during recovery. They are safe for most people, but always check with your doctor or physiotherapist first, especially if you have weight-bearing restrictions.

Foot and ankle (inside the boot)

- **Toe wiggles:** scrunch your toes down, then spread them wide. Repeat 10 times, several times a day.
- **Ankle movements** (such as ankle pumps and circles) should only be done if your doctor or physiotherapist has advised them. They aren't suitable for every injury, and can interfere with healing if your ankle needs to stay still.

Circulation and swelling control

- **Raise your leg** above hip height for 15–20 minutes, several times a day.
- **Calf squeezes:** while your leg is raised, gently tighten your calf muscle without moving your ankle. Hold for a few seconds, then relax.

Hip and knee (keep the rest of your leg strong)

- **Straight leg raises:** lying on your back, keep your booted leg straight and lift it 15–20 cm off the bed. Hold for 2–3 seconds, then lower slowly. Repeat 10 times.
- **Seated knee straightening:** sitting with your leg supported, slowly straighten your knee, then bend it again. Repeat 10 times.
- **Side leg raises:** lying on your side with your booted leg on top, slowly lift it up, then lower it with control. Repeat 10 times.

Whole-body movement

- **Short walks** with your crutches or frame, following your weight-bearing instructions.
- **Gentle upper body and core exercises** that don't load your injured leg, to help keep up your overall fitness.

A few reminders

- Never push through sharp or increasing pain. Stop and rest if something doesn't feel right.
- These exercises are a guide only, and may need to change depending on your injury and stage of healing.
- If you're unsure what's right for you, ask us at your next review.