

# OAPL ANKLE WALKER

A Guide  
for Patients





# INTRODUCTION

You have been fitted with an OAPL Ankle Walker to control the alignment and reduce the movement of the bones and joints in your lower leg and foot.

Patients are usually fitted with an ankle walker due to one of the following:

- Post operatively due to foot or ankle surgery.
- To restrict movement following soft tissue injuries of the ankle.
- Fractures and/or Achilles tendon repair or injury.

Consulting Orthotist
Clinic Attended
Clinic Phone Number
Date Attended



## APPLICATION

Your Orthotist will fit the walker to your injured limb. It will be set up in the ideal position for your injury. OAPL have fracture boot specific socks available for purchase at our clinics.



### STEP 1

Leave the liner attached to the plastic uprights. Put your leg into the walker ensuring that your heel is right to the back and you can feel it contacting with the bottom. Ensure your toes are not hanging over the end.



### STEP 2

Close the liner firmly around your calf and across the top of your foot.



### STEP 3

Fasten the straps. Begin with the strap over the ankle area. Feed the strap through the “D” ring and pull it firmly. Use the pads provided under this to prevent rubbing.



### STEP 4

Next, fasten the strap across the midfoot, closest to the toes, followed by the remaining straps on the leg.

Ensure that all straps are secured firmly. They should not cause any discomfort but need to be firm in order to immobilise your foot and ankle.

If you are unsure about how firm they need to be, get your Orthotist to mark the straps so that there is no doubt.

Check with your specialist or orthotist as to how much weight you can take on the affected side.



## STEP 5

To remove the walker:

1. Undo all the straps in any order making sure that you stick the velcro back on itself. This prevents it from getting tangled and sticking to everything else (i.e. clothes).
2. Open up the liner down the front of your leg.
3. Open up the liner over the foot.
4. Lift your leg out leaving liner attached to the plastic base and uprights.

For replacement liners and accessories, shop online at [oaplshop.com.au](http://oaplshop.com.au)

## EVENUP

An EvenUp can be used to help with accommodating the height of the walker sole. Please talk to your orthotist to see if the EvenUp is right for you.



## SHOWER SEAL

The shower seal is a reusable waterproof protector. It is a self-supporting garment which prevents the penetration of water to plaster casts, walker boots and wound dressings on arms or legs during showering.



# CONTACT

## Head Office

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## Victoria Clinics 1300 866 275

### Bendigo

401 - 405 High Street  
Golden Square, VIC 3555

### Box Hill (Epworth Eastern)

Suite 5a, Level 2  
1 Arnold Street  
Box Hill, VIC 3128

### Clayton

281 Clayton Road  
Clayton, VIC 3168

### Flemington

159-161 Epsom Road,  
Flemington, VIC 3031

### Frankston

346 Nepean Highway  
Frankston, VIC 3199

### Richmond (Epworth)

Level 7, Suite 5  
32 Erin Street  
Richmond, VIC 3121

### Ringwood

86 Mt Dandenong Road  
Ringwood, VIC 3135

## New South Wales Clinics (02) 9319 1955

### Alexandria

1/119 McEvoy Street  
Alexandria, NSW 2015

## Queensland Clinics (07) 3849 8152

### Hervey Bay

85 Beach Road  
Pialba, QLD 4655

### Mansfield

1/51 Secam Street  
Mansfield, QLD 4122

## Western Australia Clinics (08) 9381 3444

### Murdoch

Suite 10, 100 Murdoch Drive  
Murdoch, WA 6150

### Myaree (FOS)

2/89 North Lake Rd  
Myaree, WA 6154

### Shenton Park (FOS)

10 Selby Street  
Shenton Park, WA 6008



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