**CAM Boot Instructions**

CAM boots are commonly used for the management of swelling, fractures, sprains, soft tissue injuries of the lower extremities, and post-surgical procedures. CAM boots provide stabilization and comfort of the foot and ankle due to its gait altering effect related to its rocker bottom and decreased mobilization of the injured area.

**Directions on how to apply the CAM boot**:

1. Loosen the straps and place foot in the liner of the CAM boot. Make sure your heel is all the way to the back of the liner!
2. Fasten the flaps on the liner. Start with the bottom flaps and work up to the lower leg flaps. Make sure they are snug.
3. Secure the boot straps. Start with the bottom straps and work up to the lower leg straps. Make sure they are snug.
4. To inflate the air into the CAM boot liner, turn the inflate/deflate knob clockwise. Press and release the air bulb several times until the liner is providing comfortable cushion and support. Do not over inflate!
5. To release the air from the CAM boot liner, turn the inflate/deflate knob counter-clockwise.
6. When reflating the CAM boot liner, be sure to turn the knob clockwise until snug. Do not over turn the inflate/deflate knob!

