



Post Op Shoe/Walking Boot

Use and Care Instructions

Duration of Wear

When diagnosed with a sprained ankle, or other foot or ankle injury, you will likely be recommended to wear the walking boot/post op shoe for a certain period of time pending a check-in on the healing process. Those with more serious injuries may be given instructions to wear almost continuously for months. Those with less serious injuries may be given a shorter expected duration of wear depending upon how quickly the injury heals.

Best Results

Because it is used regularly and often for days/months at a time, take special care to use your walking boot/post op shoe properly. Always try to keep your boot/shoe dry – if possibly, avoiding stepping in puddles or getting your walking boot/post op shoe wet. Keep the sleeve – the soft, inner fabric part – clean. Many walking boots/post op shoes come with a removable sleeve that you can launder as needed. Finally, wear your walking boot/post op shoe according to directions. Use all Velcro closures every time you wear the walking boot/post op shoe, because securing it properly ensures an appropriate fit.