

# XLR8 Walker

#### **Indications**

Grade II/III ankle sprain and stable or internally fixed fracture of the fibula, talus, medial malleolus, calcaneus and foot.

## Washing Instruction

- Hand wash liners with mild detergent in cold water, and hang dry only.
- Do not dry clean, bleach or iron.

### **Patient Safety Notification**

To avoid injury, possible skin irritation, or circulation issues, it is important to not over-inflate the air bladders. Extra caution should be maintained for patients with diabetic neuropathy or any type of lower limb blood circulation issues. While wearing this device, if you experience any skin surface spotting or irritation, tingling that feels like numbness, or any specific or general discomfort, either reduce the air bladder pressure or contact your physician. This device should not be worn if you have an existing medical condition or post-surgical issue that can cause numbness or lack of sensation in your toes, foot, ankle or lower leg.

### **Fitting Instructions**



2.



3.



4

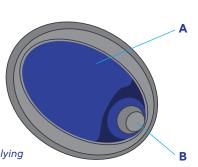


- Place foot and leg inside the foam wraps. Close the foam wraps snugly around leg. Additional pads are included to fill space inside the walker and around the ankle.
- **2.** Place wrapped foot into the walker, with the heel against the posterior shell of the boot.
- **3.** Position front panel of the boot so it covers the front of the foam wrap.
- **4.** Tighten all the straps so the front panel and boot feel secure and prevent the foot from sliding in the boot.

## **Pneumatic Bladder**

- A. Begin inflation on affected side of injury first. Inflation pumps (Blue) are located on both the medial and lateral uprights. To inflate selected air bladder compartment, press and release inflation pump. Pump until air bladder feels snug. Repeat process to inflate opposite side air bladder
- **B.** To deflate air bladder, press and hold finger on small brass release button located under grey cap next to blue inflation pump (on both medial and lateral sides) Deflate until desired pressure is obtained

Note: Deflate air bladders before removing boot to achieve proper fit when reapplying



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