

Wear & Care Guide

C.R.O.W. Boot



Your Charcot Restraint Orthotic Walker (CROW) boot is specifically designed to support and protect your foot and ankle, helping to prevent further injury and promote healing. Follow these instructions to ensure proper use and care of your CROW boot.

Getting Started

- 1. Preparation:** Before putting on your CROW boot, check for any foreign objects that may have fallen inside while it was not in use.
- 2. Socks:** Always wear a long cotton sock that extends beyond the top of the boot to reduce friction and protect your skin.
- 3. Putting on the Boot:** Start by placing your foot in the footbed of the posterior section. Slide your heel and calf into place. Ensure that foam edges are properly aligned. Then, position the anterior section, making sure the edges overlap and touch properly.
- 4. Fasten Straps:** Secure the straps, starting with the instep straps and then the remaining straps. Make sure to maintain equal tension on both sides for a proper fit.

Wearing Schedule

Follow the wear schedule provided by your prescribing physician. If none was discussed, contact your physician's office for a recommendation.

Cleaning and Maintenance

- **Daily Cleaning:** The interior lining of the CROW boot should be cleaned daily with rubbing alcohol on a cloth to remove body oils and residue. The exterior of the boot may be wiped down with water.
 - **Deep Cleaning:** If the liner becomes soiled, it can be cleaned with mild soap and water. Rinse thoroughly to remove all soap residue and air dry completely before use. Avoid submerging the boot in water to prevent damage to metal fasteners and straps.
 - **Avoid Heat Exposure:** Keep the CROW boot away from excessive heat to prevent
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damage to the plastic and foam.

Skin Care

- **Daily Washing:** Wash your legs and feet daily with mild soap and warm water. Dry thoroughly. Wear a cotton sock that extends beyond the top of the boot to minimize friction and keep the skin dry.
- **Friction Reduction:** Wearing a cotton sock that is a little higher than the orthosis can help reduce friction and keep the skin dry. In hot and humid weather, you can sprinkle

baby powder on your legs and feet before donning socks to minimize perspiration.

- **Skin Inspection:** Check your legs, ankles, and feet daily for any red or tender areas. Persistent redness lasting more than 20-30 minutes, or the appearance of bruises, blisters, or irritation, should be reported immediately to your healthcare provider.

Tips for Walking and Balance

- **Short Strides:** Maintain short strides to prevent rapid rolling of the orthosis, which could cause imbalance.
- **Obstacle Caution:** Caution should be taken when walking over barriers due to the bulk of the CROW boot. Ensure that the boot clears the floor during the swing phase of walking to prevent tripping.

Problem Solving and Adjustments

- Contact your healthcare provider immediately if you notice any problems with the fit or if you experience discomfort or skin irritation.
- **Discontinue Use:** Stop using the CROW boot and contact your healthcare provider if you notice any red marks, bruises, or blisters on your skin.

By following these guidelines, you can ensure the effectiveness and longevity of your CROW boot, supporting your recovery and overall well-being. If you have any questions or concerns, don't hesitate to reach out to your healthcare provider.
