

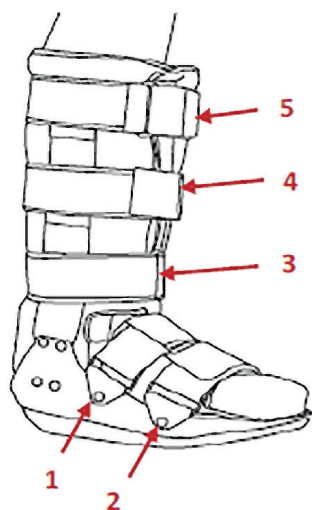
# Moonboot

## What is a moonboot?

A moonboot is a special boot that is fitted to the foot and lower leg like a shoe. It helps support the injured foot/ankle or lower leg.

## How to put on your moonboot

1. Position yourself in a sitting position when putting the moonboot on (and off as well)
2. Place your leg into the soft foam liner of the boot. Make sure your heel is all the way to the back of the liner
3. Close the foam liner over the lower leg and the foot and secure it with Velcro attached to the liner
4. Fasten the straps in order from one (1) to five (5) as shown in the picture below



5. Make sure all the straps are done up firmly.

We encourage wearing a jogger/running shoe on the other foot as the sole of the moonboot is raised.

## Wearing the boot

After you have been fitted with your moonboot it should be worn;

- ☐ At all times.
- ☐ At all times, only remove for personal cares.
- ☐ At all times, only remove for exercises and personal cares.
- ☐ For comfort and protection; gradually decrease moonboot use as soon as you are able.
- ☐ Other \_\_\_\_\_

## Checking your skin

It is important that you regularly check the condition of your skin when you begin to use the moonboot. If you find any areas of redness, broken skin or an increase in discomfort contact your GP immediately.

## Do not's of your moonboot

**Do not** wear your moonboot without a shoe on the other foot – avoid wearing thongs.

**Do not** place your moonboot in the washing machine.

**Do not** apply direct heat to any part of your moonboot.

**Do not** wear un-prescribed bandages, dressings or padding with your moonboot.

***This information is intended as a general guide only. Should you have any concerns or questions please contact your physiotherapist.***

