

VACOped Moonboot

What is a VACOped device?

A VACOped is a special moonboot that can be customised to best support your foot like a cast.

A VACOped moonboot is used in instances where a cast may not be possible. The device is to be worn at all times.



Check your skin

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

Do not:

- Do not wear your boot without a shoe on the other foot (ie no thongs or just socks).
- Do not place your VACOped 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.

Use the 'Even up' to make you feel level:

This device may be issued with your moonboot and is designed to reduce the leg length difference between your legs. It should be worn on the other foot when wearing a boot.

This device may help in reducing pain in your lower back, hips, knees, legs and feet.

When using these devices, you may increase your risk of a fall. It is strongly recommended:

- When standing, establish your balance and then take a step
- Take smaller steps when first using the device
- Use railings when walking up and down steps.

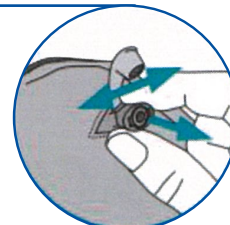
How to put on a VACOped device?

1

Ensure vacuum cushion with liner is removed from dorsal shell by undoing girth straps.

2

Equalise vacuum cushion by taking valve cap off.
Gently pull valve ring until it is flush with valve top.

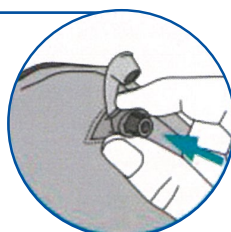


3

Knead vacuum cushion until loose.

4

Push valve ring down again.



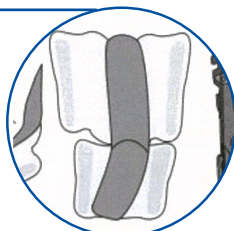
5

Smooth out under foot area by hand.



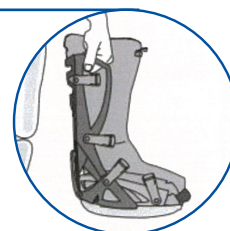
6

Insert leg snugly into liner, close liner.



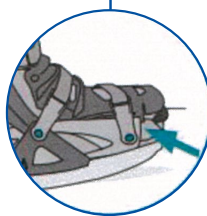
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Slide leg with liner into dorsal shell.
Ensure heel is against the back of the dorsal shell.



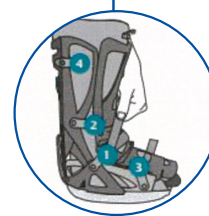
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Align ventral shell with dorsal shell:
Only the lower ventral shell flaps go inside the dorsal shell. The ventral shell must be pushed back such that toe flap allows toes to move. Pay attention to the accessibility of the valve.



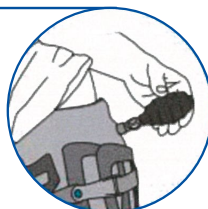
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Close girth traps in the order as shown in diagram. Girth straps 3 and 4 need not be very tight.



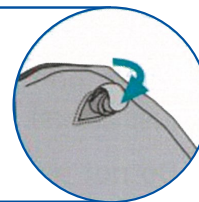
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Extract air from vacuum cushion by attaching the grey end of the pump to the valve. Pump repeatedly until the pump bulb no longer expands.



11

Close the valve cap.
Readjust girth straps 1 and 2 if necessary.



**It is important you do this each and every time you apply the moonboot.
This information is intended as a general guide only. If you have any
concerns or questions please contact your podiatrist.**