

Rebound[®] Diabetic Walker Advice Leaflet



Some patients are advised to wear their rebound walker at all times. Only follow the guidance below if you have been advised that you can remove your walker.

If a compliance strap has been used, you can cut this with a pair of scissors to remove. However you should only do this in case of emergency or as directed by your clinician.

How to remove your Rebound® Diabetic Walker

While seated, before undoing the straps, press the small “-” button on the front of the walker to deflate the air bladder

You can undo the 3 straps (in any order).

Remove the front shell and open the liner.

Remove your leg from the liner and walker at the same time.

Tip: If you cannot easily remove your leg after following steps 1, 2 and 3, try removing any excess air in the air bladder. The air bladder is located inside the walker shell and the best way to deflate it is to stroke downwards on it with your hand, whilst pressing the “-” button at the same time.

Important: Always check your foot and leg for pressure marks or wounds.

Contact a medical professional immediately if you experience any discomfort or pain or if you are concerned about your foot.

Care and Cleaning Instructions

It is easy to clean your Rebound Diabetic Walker by following these guidelines:

Insole

- Remove the insole from the liner.
- Wipe the insole with a damp cloth using lukewarm or cold water and mild soap. Do not use solvents or alcohol to clean.
- The insole should be air dried, do not tumble dry. To speed up the drying process, you can use a hair dryer at the lowest temperature setting.
- Once the insole is fully dried you can reinsert it into the liner.

Walker Frame

- To clean the walker frame, use a damp cloth, mild soap and lukewarm or cold water.
- Air dry or dry with a towel.

Liner

- The liner can be carefully removed from the boot for washing.
- To machine wash the liner, use 30 °C warm or cold setting and mild soap.
- To hand wash the liner, use lukewarm or cold water and mild soap. Do not use bleach.
- Tumble dry on a low heat setting.
- You can ask your clinician for a spare liner for changing if you need to wear your boot long term.



Fitting Instructions

Please follow the fitting instructions included here, or contact your clinician in case of questions. (See diagram below)

First apply your sock, making sure there are no wrinkles.

1. Unfasten the straps, remove the front shell and open the liner. Place the insole inside the liner.
2. While seated, place your foot inside the walker, make sure that the heel is comfortably positioned as far back as possible and wrap the liner securely around the foot and leg and secure with the Velcro tabs
3. Place the front shell back onto the front of the liner. Then fasten the ankle strap first (A) followed by the foot strap (B) and then the calf strap (C).
4. Use the holes at the back of the walker to confirm that the ankle is centred and that the heel is not pressed against the back of the walker.
5. Inflate the air chambers by pressing “+” on the air bulb, until the walker is snug. The air system is designed with a feature to prevent over-inflation.
6. Your clinician may require that a compliance strap is placed around the walker to prevent its removal. This strap should only be removed in case of emergency or when advised by your clinician. The strap should be placed through the strap guide in the front shell.



Further Information

For further information please go to

 <https://www.nhsggc.scot/hospitals-services/services-a-to-z/orthotics/>



How to Contact Us

Call the GGC Referral Management Appointment Booking Centre on:  **0800 592 087**

Or email:

 **appointmentsbookingcentre@ggc.scot.nhs.uk**

This number should be used for all enquiries from the following clinics:

Gartnavel General Hospital

Glasgow Royal Infirmary

Queen Elizabeth University Hospital

New Stobhill Hospital

New Victoria Hospital

Vale of Leven Hospital

Royal Alexandra Hospital

Inverclyde Royal Hospital

Renfrew Health and Social Care Centre

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