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› [Aircast FP \(Foam Pneumatic\) Walker Brace/Walking Boot Instruction Manual](#)

AIRCAST 01F-L

Aircast FP (Foam Pneumatic) Walker Brace/Walking Boot Instruction Manual

Brand: AIRCAST | Model: 01F-L

1. INTRODUCTION

The Aircast FP (Foam Pneumatic) Walker Brace/Walking Boot is a medical device designed to provide support, protection, and mobility during recovery from various lower leg and foot injuries. Its pneumatic support system allows for customized compression, enhancing comfort and stability.

This manual provides essential information for the proper use, care, and maintenance of your Aircast FP Walker Brace/Walking Boot. Please read it thoroughly before use.

2. INTENDED USE AND INDICATIONS

The Aircast FP Walker Brace/Walking Boot is intended for use in cases requiring immobilization and support of the foot and ankle. Specific indications include:

- Stable fractures of the foot and ankle
- Severe ankle sprains
- Soft tissue injuries
- Forefoot and midfoot injuries
- Bunionectomies
- Post-operative use

It is designed to facilitate day-to-day activities while supporting the healing process.

3. SAFETY INFORMATION AND WARNINGS

Important: Consult your healthcare professional for proper diagnosis and treatment. This device should only be used under the guidance of a qualified medical practitioner.

- Do not overtighten straps, as this may restrict circulation.
- Ensure the boot fits correctly to prevent further injury or discomfort. Refer to the sizing chart.
- If you experience increased pain, numbness, tingling, or swelling, discontinue use and consult your healthcare

professional immediately.

- The boot may feel heavy initially; adjust your gait accordingly to prevent falls.
- Always wear a long sock or similar protective layer between your skin and the boot liner to prevent skin irritation and blisters.
- **Proposition 65 Warning:** This product may contain chemicals known to the State of California to cause cancer and birth defects or other reproductive harm.

4. ASSEMBLY AND APPLICATION

The Aircast FP Walker Brace/Walking Boot is designed for easy application. Follow these steps for proper fitting:

1. Prepare the Boot:

Unfasten all straps and open the liner. Ensure the boot is clean and free of debris.





Image: Front view of the Aircast FP Walker Brace/Walking Boot, showing its overall structure and straps.

2. Position Your Foot:

While seated, place your foot and lower leg into the boot. Ensure your heel is seated firmly at the back of the boot. The boot can be worn on either the left or right leg.



Image: Side view of the Aircast FP Walker Brace/Walking Boot worn on a leg, demonstrating proper foot placement.

3. Secure the Straps:

Starting from the bottom (closest to the toes) and working your way up, fasten each strap securely. Do not overtighten. The straps should be snug but comfortable.





Image: Close-up front view of the Aircast FP Walker Brace/Walking Boot, highlighting the adjustable straps and buckles.

4. Inflate the Air Cells (Pneumatic Support):

Locate the hand bulb air pump. Connect it to the valve on the boot. Pump air into the air cells until you feel firm, comfortable compression. Do not overinflate. To deflate, press the button on the pump or valve.



Image: A hand holding the blue air pump, inflating the air cells of the Aircast FP Walker Brace/Walking Boot.

5. OPERATING AND DAILY USE

Once properly fitted, the Aircast FP Walker Brace/Walking Boot is designed to support your mobility.

- **Walking:** The low rocker sole is engineered to promote a natural walking motion (gait), which can improve mobility and reduce strain on other joints. Walk carefully and deliberately, especially on uneven surfaces.
- **Adjusting Air Pressure:** You can adjust the air pressure throughout the day as needed for comfort and support. If swelling decreases, you may need to add more air. If discomfort increases, release some air.
- **Footwear Balance:** Consider wearing a shoe with a similar sole height on your unaffected foot to maintain balance and reduce hip/back strain.



Image: A person walking outdoors while wearing the Aircast FP Walker Brace/Walking Boot, demonstrating its use in daily activities.

6. MAINTENANCE AND CARE

Proper care will extend the life of your Aircast FP Walker Brace/Walking Boot:

- **Cleaning the Liner:** The soft foam liner can be hand washed in cold water with mild soap. Air dry completely before reinserting into the boot. Do not machine wash or tumble dry.
- **Cleaning the Shell:** Wipe the rigid plastic shell with a damp cloth and mild disinfectant. Do not immerse the boot in water.
- **Storage:** Store the boot in a cool, dry place away from direct sunlight when not in use.
- **Inspection:** Regularly inspect the boot for any signs of wear, damage, or air leaks. If damage is noted, discontinue use and consult your healthcare professional or the manufacturer.

7. TROUBLESHOOTING

If you encounter issues with your Aircast FP Walker Brace/Walking Boot, consider the following:

- **Air Bladder Not Holding Pressure:**

- Ensure the air valve is fully closed after inflation.
- Check for any punctures or tears in the air bladder or tubing. If damaged, contact the manufacturer for replacement parts or a new unit.

- **Discomfort or Blisters:**

- Ensure you are wearing a tall, clean sock that covers the entire area of your leg in contact with the boot liner.
- Re-adjust the straps to ensure they are snug but not too tight.
- Adjust the air pressure to find a comfortable level of compression.
- Consider adding an insole for additional arch support and heel cushioning, as the boot itself may not provide sufficient support for all users.

- **Boot Feels Too Heavy or Awkward:**

- This is common due to the protective nature of the boot. Practice walking with it to adapt your gait.
- If sleeping with the boot, adjust your sleeping position to minimize discomfort.

If problems persist, consult your healthcare professional or the manufacturer.

8. PRODUCT SPECIFICATIONS

Aircast FP Walker Brace/Walking Boot Specifications

Feature	Detail
Brand	AIRCAST
Model Number	01F-L
Size (This Unit)	Large (Pack of 1)
Item Weight	2 Pounds (approx. 0.91 kg)
Package Weight	1.53 Kilograms (approx. 3.37 lbs)

Feature	Detail
Item Package Dimensions (L x W x H)	21.42 x 14.09 x 5.94 inches
Color	Grey
Material	Neoprene
Country of Origin	United States
Sport Type	Walking
Specific Uses For Product	Bunion, Plantar Fasciitis, Ankle Support
Age Range (Description)	Adult

Sizing Chart

To ensure proper fit, refer to the following shoe size guide:

P/N Description	Men Shoe Size (USA)	Women Shoe Size (USA)
Pediatric	Up to 4	Up to 5
Small	4-7	5-8
Medium	7-10	8-11
Large	10-13	11-15
XLarge	13+	15+

9. WARRANTY AND SUPPORT

For information regarding product warranty, returns, or technical support, please contact the manufacturer, DJO Global, directly or visit their official website. Keep your purchase receipt as proof of purchase.

Manufacturer: DJO Global

Brand: AIRCAST