



# CROW Boot

## What is CROW Boot?

CROW stands for Charcot Restraint Orthotic Walker. It may also be called an Ambulatory AFO, Bivalve AFO, or Neuropathic Walker.

The boot stabilizes your foot & ankle following a Charcot process.

It consists of:

- Front and back sections which overlap.
- Foam lining on the inside.
- Rocker sole which is curved to help you walk.



## How do I put my CROW boot on?

1. Put on a clean, dry sock that comes to the top of the boot.
2. Place your leg and foot in the back section of the boot. Make sure your heel is all the way **down and back**.
3. Place the front section of the boot so it overlaps the back.
4. Fasten the straps:
  - Feed the Velcro through the loops on the center. Pull both straps evenly.
  - For the strap at the foot: lay the straps on top of each other.

## Why is the sole of the boot curved?

- The rocker sole is curved so you can walk without bending the ankle.
- You may feel unsteady at first. Practice walking at home.
- Consider using a cane for balance.

## **When should I wear my CROW boot?**

The boot protects your foot & ankle, but will only work if you wear it. Wear your boot every time you are on your feet, including:

- Both indoors and outdoors.
- If you get up at night to use the restroom.

## **How should I clean the CROW boot?**

- Clean both the plastic and foam with soap and water. Dry completely.
- Do not submerge in water.
- Once a week, disinfect the boot with rubbing alcohol.

## **How should I care for my skin?**

Each time you remove your CROW boot, check your skin for redness or irritation.

Call for an adjustment and temporarily discontinue use if you notice:

- Redness or pressure spots that don't go away after 30 minutes.
- Abrasions, blisters or any open area of the skin.
- The boot is too loose or too tight.

## **What if I have a problem or question about my CROW boot?**

Contact your clinician via the Patient Portal. My clinician is \_\_\_\_\_

Call our office at one of the following numbers:

- Outpatient Locations: 734-973-2400
- University Hospital: 734-936-7043

If you experience any changes in your general health, please contact your doctor.

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