



C.R.O.W. Walker (Charcot Restraint Orthotic Walker)



ALCAM MEDICAL O&P
FEEL BETTER - LIVE BETTER

- A C.R.O.W. walker gives support to the foot and ankle by preventing movement and distributing weight appropriately.
- The device is made of plastic that is molded and modified to fit your foot and leg.
- It is a 2 piece “clam shell” design and covers the entire foot, ankle, and calf.
- The inside of the CROW walker is fully padded and includes a custom foot insert.
- It is often used for: foot ulcers, insensate feet (can’t feel), and Charcot foot.
- The brace is worn without a shoe on the braced foot and proper footwear must be worn on the other side.
- Always follow specific instructions given to you by your doctor and practitioner.

Wearing Break-in Schedule

Always check your skin after wearing your brace **every time**. Any areas of pink should fade away after 10-15 minutes. If marks do not disappear after 10-15 minutes, or if you observe deep red marks, blisters, or bruises, contact your practitioner immediately. If you have any concerns **do not** wear the brace until you follow up with your practitioner.

Day 1 – Wear the brace for 1 hour.

Day 5 – Wear the brace for 5 hrs.

Day 9 – Wear the brace for 9 hrs.

Day 2 – Wear the brace for 2 hrs.

Day 6 – Wear the brace for 6 hrs.

** Continue to add 1 hour each

Day 3 – Wear the brace for 3 hrs.

Day 7 – Wear the brace for 7 hrs.

day until full wear is achieved. This

Day 4 – Wear the brace for 4 hrs.

Day 8 – Wear the brace for 8 hrs.

usually takes at least 2 weeks.

Precautions

Prior to wearing the brace, it is important to check the following things on the brace and your leg:

- Make sure the brace is **clean and dry**.
- Make sure there are no cracks, rough edges, or worn areas on the brace.
- Make sure the rivets and straps are secure on the brace.
- Make sure your skin is **clean and dry**.
- Examine your skin and look for abnormal redness, blisters, or sores on your foot, ankle, and calf **each and every time**. Using a mirror may be helpful if you have difficulty seeing any areas on your foot or leg.
- This device is designed to **always** be worn with a cotton stockinet or full length seamless cotton sock. The sock should cover all areas of your leg that makes contact with the brace.
- Clean your device by spraying the inside with Isopropyl Alcohol (rubbing alcohol) and wipe dry with a clean towel. Your device may also be cleaned by wiping it out with Isopropyl Alcohol wipes **Do not** immerse the device in water.
- Keep the brace away from excessive heat.
- Proper footwear needs to be worn on the opposite foot.

** If you find any areas of concern or have questions, **contact your practitioner before wearing the brace**.

How to apply the brace to your leg

- Apply a cotton stockinet, or full length seamless cotton sock that covers all areas of your leg that make contact with the brace. Make sure the heel of the sock is over the heel of your foot and the sock is wrinkle free.
- Slide the back piece of the CROW walker into position on your foot. Ensure that your heel is fully positioned in the heel space of the CROW walker. It is important that your heel be in contact with the bottom and back of the brace. **Check for proper contact by looking along the side and the back of the brace.**
- Apply the front cover of the CROW walker over your foot, make sure the sides overlap the back section.
- First, fasten the strap that goes across your ankle crease, this is known as the “instep strap”, then fasten the other straps. Attach the straps snugly and firmly.