



# South Florida Institute of Sports Medicine™

## Foot, Ankle & Leg Specialists of South Florida, Inc.

PODIATRY • ORTHOPEDICS • REHABILITATION

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*Board Certified Foot & Ankle Surgeon*

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Children's Foot, Ankle & Leg Deformities

Flat Feet in Adults & Children

Gait Disturbances

- In-toe
- Out-toe
- Toe Walkers

Fracture Care  
Foot, Ankle & Leg

Total Ankle & Big Toe  
Joint Replacements

Reconstructive Foot,  
Ankle & Leg Surgery

Sports Injuries

Heel & Arch Pain

Arthroscopic Foot & Ankle Surgery

Achilles Tendon  
Treatments

- Ruptures
- Tendonitis

Bunion Correction

Hammertoe Correction

Ligament Injuries  
Ankle & Lisfranc

Reconstructive  
Joint Surgery

Arthritis Surgery

Skin Surgery

Toenail Surgery

Diabetic Foot Care &  
Charcot Reconstruction

Nerve Injuries

- Neuromas
- Tarsal Tunnel
- Entrapments

### Transitioning Safely Out of Your CAM Walker

You have been immobilized in a CAM Boot to protect your muscles, ligaments and bone after an injury or surgery. During this period of time your foot and ankle have adapted to being placed in this fixed position. As a result, the extremity has become dependent on the boot's stability. Returning to shoe gear when you are ready must be done in small increments to avoid reinjury. I have designed this 7-day schedule to "deprogram" the effects of immobilization safely. If followed closely you will experience less pain, stiffness and instability – thereby lessening the chances for reinjury. Note that you may be instructed to remove your boot when sitting to exercise the ankle without bearing weight.

1. Day 1 – Wear a good running shoe for 1-2 hours then return to your CAM Boot for the rest of the day.
2. Day 2 – Wear the shoe for 2-3 hours then return to your CAM Boot for the rest of the day.
3. Day 3 – Wear the shoe for 3-4 hours (can be broken into 2 equal sessions) then wear your CAM Boot for the rest of the day.
4. Day 4 – Wear the shoe for 4-5 hours (can be broken into 2 equal sessions) then wear your CAM Boot for the rest of the day.
5. Day 5 – Wear the shoe for 5-6 hours (can be broken into 2 equal sessions) then wear CAM Boot for the rest of the day.
6. Day 6 – Wear the shoe for 6-7 hours (can be broken into 2 equal sessions) then wear CAM boot for the rest of the day.
7. Day 7 – Wear the shoe for the entire day; eight hours or more if you are comfortable.

[www.SouthFloridaSportsMedicine.com](http://www.SouthFloridaSportsMedicine.com)

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