

Emergency Department check list

	Please Tick
Moon Boot frame	
Moon Boot fitted liner with Velcro fastening	
Spare foam pads	
2 fixed Velcro straps (over foot)	
3 removable Velcro straps for around calf	
Written instructions, including pictures	

Verbal and written advice on:

	Please Tick
Use of Moon Boot	
Rest, ice & elevation advice	
Analgesia advice	
Exercise advice	

How should I use my Moon Boot?

- When fitting the boot it is important that you follow the instructions supplied by the manufacturer
- As every injury is different it is important you follow the advice of the practitioner fitting the boot

When can I take off my Moon Boot?

This depends on the injury you have sustained. For this reason, follow the advice provided by the practitioner fitting the Moon Boot, or if advised by a member of the Orthopaedic team.

- Ankle fractures - **only** remove Moon Boot for washing purposes & keep on in bed and overnight
- Foot / heel fractures - keep on for comfort & use Moon Boot when walking / moving around
- Ankle sprain - keep on for comfort & only wear as needed

What can I do while wearing my Moon Boot?

- Rest the injury as much as possible
- Keep your leg elevated (higher than your hip) and knee supported
- Walk as normally as possible (only if you have been told you can weight bear) with heel striking ground first

Do I need crutches or a walking stick? This will depend on the injury you have sustained or on your normal mobility levels. Please follow the advice provided by the practitioner fitting the Moon Boot or for video assistance regarding use of crutches, please visit:

<https://www.nhsinform.scot/tests-and-treatments/medicines-and-medical-aids/walking-aids/using-crutches>

Exercises whilst wearing your Moon Boot

- Keep moving your toes
- Keep your knee moving by bending and straightening your lower leg
- While seated lift your leg up and tighten your thigh muscles

(Aim to repeat 1,2 and 3 four times a day and perform each exercise 10 times)

What do I do if I have problems with my Moon Boot or Injury?

During office hours contact Orthopaedics on: **0131 242 3408 / 3409**

Out of hours: contact Emergency Dept on: **0131 242 1300 / 1301 / 1302**

You have been given this information leaflet to help with any issues that may arise while you are wearing your Moon Boot

If you follow the advice given in the leaflet there should hopefully be no problems with your Moon Boot and this will aid in your recovery

If any problems should arise with your Moon Boot or injury, then follow the instructions included in the leaflet & contact the Orthopaedic Department or Emergency Department

***Leaflet compiled by : Anne Grant
ED RIE Oct 17 - review date Oct 19***



This leaflet should be only used by specific individuals following appropriate assessment
If you have any concerns, please contact

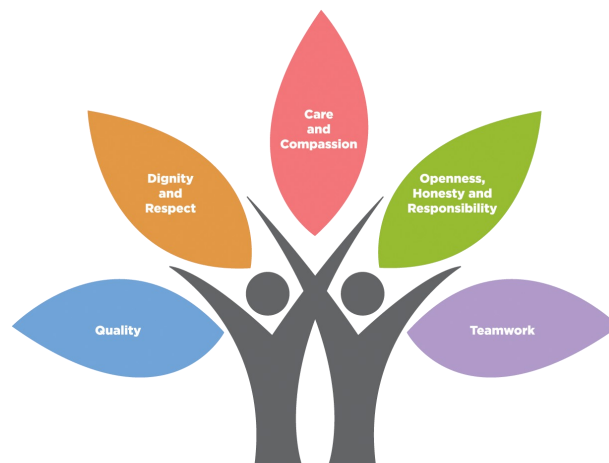
During office hours:

Orthopaedic Outpatients (OPD6) on:

0131 242 3408 / 3409

Out of hours: Emergency Dept on :

0131 242 1300 / 1301 / 1302



Moon Boot information leaflet



A guide for patients