09913, 09923
Trulife CAM Walkers
Instructions and User Guide
25530-001 REV B

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INTRODUCTION

The CAM Walker is a “walking boot” used for immobilization of the ankle following trauma (severe sprains) or cast removal (fractures). It consists of a one-piece liner attached to double aluminum uprights that are either permanently fixed in neutral to a rocker boot or are fixed by orthotic double action adjustable ankle joints.

Product Code	Description	Shoe Size: Small (02)	Shoe Size: Medium(03)	Shoe Size: Large(04)
09913	CAM Walker II	Men’s 5–7 US Women’s 7–9 US	Men’s 8–10 US Women’s 10–12 US	Men’s 11–13 US Women’s 13–15 US
09923	Air CAM	Men’s 5–7 US Women’s 7–9 US	Men’s 8–10 US Women’s 10–12 US	Men’s 11–13 US Women’s 13–15 US

APPLICATION

1. Place the foot and leg inside the soft liner with the heel positioned firmly at the back of the walker.
2. Pads may be inserted to accommodate extra space at either side of ankle or at the heel. The larger tongue pad should be positioned over the top of the foot before securing the liner.
3. Close the liner snugly, securing the hook and pile closures.
4. Make sure that the foot is still firmly in the back of the walker and that the uprights are positioned midline over the ankle.
5. Press the uprights securely against the liner. If there is a slight overlap, position the upright under the overlap. (This will allow later removal of the brace without changing the position of the upright.)
6. Optional A-P inserts provide additional anterior and posterior support when indicated. Apply the anterior and posterior shells to the liner, positioning with hook and pile tabs:
   - The anterior shell is placed with the wide end toward the knee and the narrow end toward the ankle.
   - The posterior shell is placed appropriately over the calf musculature.
   - Place the shells no less than 1" above the ankle joint to avoid distal pressure when the brace is in motion.
7. If needed, contour the A-P inserts with a heat gun or trim with heavy scissors or a plastic trimming tool.
8. Position the tibial straps in an alternating fashion and secure all straps.
9. Determine the required angle of dorsiflexion and/or plantar flexion and adjust according to the instructions below.

Note: Adjustments should be managed by the clinician directly involved with the patient.

10. Uprights may be contoured to the individual patient if required. The edge of a table or chair may be used to aid in contouring.

Adjustment

Ankle joint motion and positioning available only with the 09913 Cam Walker II, 09923 Air Cam and the 09921 Adjustable High-Top II.

Fixed Motion: The ankle can be fixed in any position between 20° of dorsiflexion and 20° of plantar flexion.

- To increase dorsiflexion, loosen the top anterior strut screw and tighten the top posterior strut screw.
- To increase the plantar flexion, tighten the top anterior strut screw and loosen the top posterior strut screw.
- To obtain a neutral setting, position the uprights so they are perpendicular to the floor. Tighten both anterior and posterior screws.

Limited Motion: While the walker is in a fixed neutral position, loosen both of the anterior and posterior top strut screws one full turn (360° rotation) to create 5° of dorsiflexion and 5° of plantar flexion. Each full turn is the equivalent of 5°. For unlimited motion of 22.5° dorsiflexion and 22.5° of plantar flexion, remove both screws and the pins.

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Air Bladder Liner: Air bladder liners are available only with the 09923 Air Cam and the 09922 Pneumatic Walker/Air Castaway.
• To increase compression on the lower leg and ankle, close the valve by turning it clockwise and pump the bulb until the desired compression is obtained.
• To decrease compression to the lower leg and ankle, open the valve by turning it counter-clockwise and close the valve when the desired compression is obtained.

QUESTIONS

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Visit Trulife online at www.trulife.com.

Trulife has appointed Medical Device Safety Service (MDSS) of Hannover, Germany to act as our EU authorized representative. They may be contacted at:

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LIMITED WARRANTY

Trulife warrants that the Trulife Walkers will be free from defects in material and workmanship for the Trulife Walkers from the date of installation.

This warranty will not apply if the product has been damaged by misuse, abuse, neglect, improper care, failure to follow instructions, abnormal wear and tear, or in the event that a Trulife Walkers has been modified/repaired by persons unauthorized by Trulife.

If a defect in material or workmanship is found during the warranty period, Trulife will, at Trulife's option, either repair or replace the product. If it is not possible to repair or replace the product, Trulife will be limited to refunding the purchase price.

Trulife will not be liable under any legal theory for any direct, indirect, special, incidental or consequential damages arising from the use of or inability to use this product.

The application guidelines for this Trulife product are for the use of and by certified, qualified practitioner only. Patients are not to attempt to apply or adjust the item unless expressly instructed to do so by the practitioner responsible for the prescription and/or initial fitting of the device. All patient questions should be referred to the practitioner and not to the manufacturer. The manufacturer warrants only that the enclosed product has been inspected for quality and can be effective for certain indications, but final decisions and ongoing monitoring must be made by the medical professional(s) prescribing and/or fitting the device to determine its effectiveness for an individual patient. Patient compliance is an integral part of the entire protocol and must be adhered to in order to avoid potential problems and to maximize the effectiveness of the prescribed product.

As a condition of the sale of any Trulife product, this product is restricted to a "Single Patient Use Only" by the originally fitted patient in order to protect the care provider and the patient against potentially adverse consequences of infectious disease transmission, material instability in adapting to the configuration of the original user and/or decrease in effectivity. Any express or implied warranties are voided if the product is reused or fitted to another patient. Additionally, a license of right to use under any relevant patents pertaining to the product is terminated with the cessation of use by the original patient. As with all Trulife products, this product must be prescribed and applied by a qualified practitioner to determine it meets the needs of the particular patient and accomplishes the desired results.