



Physiotherapy & Sports Injury Clinics

Moonboot Instructions

1. Moon boot has to be used throughout the day whilst standing and walking.
2. You can only remove the moonboot when you are non-weight bearing e.g. sleeping/ sitting for long periods of time.
3. Consult your Physiotherapist/ GP before stopping the use of the moonboot.

Fitting

1. Put heel to the far end of the moonboot.
2. Tighten from the foot first and work your way upwards.
3. Turn the knob of the pump clockwise and keep pressing on the red pump with your thumb (be careful with long nails).
4. Pump up the moonboot till you feel good compression around your foot and ankle.

Precautions

- If you notice pins and needles in your foot or ankle, it means the moonboot could be too tight. Loosen the pressure on the belts.
- To check circulation – normally under the big toe nail you should see reddish colour. Press the nail and it should go white, release the pressure and it should look red straight away. If it stays white for too long – release the pressure of the pump and loosen the belts.

Washing

- HAND WASH ONLY. Remove the soft part of the moonboot and soak it in warm water. You can also add a bit of dettol in the warm water.
- Do not wring it out too hard.
- Drip dry and avoid putting the moonboot in direct sunlight.
- DO NOT wash in washing machine and DO NOT dry in a dryer.
- DO NOT drive with the moonboot on the leg

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