

- REF 6147SM, 6147ML Deluxe Podus Boot  
 REF 6148SM, 6148ML Deluxe Podus Boot with Ambulation Sole  
 REF 6149 Additional Ankle Securement Strap for Podus Boot  
 REF 6150 Laundry Bag for Podus Boot  
 REF 6151 Ambulation Sole only



Measure circumference of the individual's limbs to determine size that would best fit the patient/resident:

Size	Calf Support	Foot Support
SM – Small/Medium	13" to 16" (33 cm to 40½ cm)	7" to 10" (18 cm to 25½ cm)
ML – Medium/Large	15" to 18" (38 cm to 48 cm)	9" to 14" (23 cm to 35½ cm)

## MONITORING

**WARNING** Be sure to follow your facility's policies and guidelines for frequency of patient monitoring. Posey recommends that this product be removed at least every two (2) hours to check for skin integrity, proper circulation and range of motion.

## INSPECTION

**WARNING** Inspect before each use: check for broken stitches; or torn, cut or frayed material. DO NOT use soiled or damaged products.

## APPLICATION INSTRUCTIONS:

1. Open all hook and loop closures.
2. With the patient lying on their back, bend the knee so the bottom of the foot is resting on the bed surface. This will allow the weight of the leg to hold the foot in the splint. If the patient has contractures or experiences discomfort, DO NOT force the knee or hip joint and place the patient in a comfortable position.
3. Raise the leg and place the opened Podus Boot under the foot. Carefully position the foot down into the splint. The sole of the foot must be flat against the liner of the splint. The back of the leg at the calf area must fit snugly against the top and back of the splint for a proper fit.
4. Ensure that the heel is completely suspended in the open curve of the splint and that the foot is flat against the liner of the splint.
5. Secure ankle and foot closures by attaching hook and loop. Insert two fingers to ensure it is not too tight.
6. Verify that a finger can be inserted between the heel and the splint for adequate heel clearance.
7. For additional stabilization of the ankle, optional item #6149 can be used.

## BEDDING TOE PIECE – KEEPS BEDDING OFF OF THE TOES:

1. Loosen the knobs on the bottom of the boot and slide the toe post between the knobs and the bottom of the boot.
2. When reattaching the toe piece, extend it beyond the top of the patient's toes to keep bed sheets off the toes before tightening the knobs. Tighten the knobs (Fig. 1).

## ROTATION STABILIZER BAR – HELPS CONTROL EXTERNAL ROTATION:

1. Loosen the knob holding the Rotation Stabilizer Bar in place and rotate in the appropriate direction.
2. Tighten the knobs.

## INSTALLATION OF AMBULATION SOLE - #6148SM AND #6148ML ONLY:

1. Ensure that the anti-rotation bar is in the retracted position.
2. Loosen the knobs on the bottom of the boot.
3. Remove the toe piece if installed.
4. With a twisting action, slip the sole over the knobs and then push it forward along the slots until the thumb nuts align and can be seated in the circular counter bores (Fig. 2).
5. Tighten the knobs and install the toe cushion.
6. **CAUTION** Ensure that the Ambulation Sole is securely attached and will not move with weight applied before allowing the patient to walk.

**NOTE:** – Ambulation Sole is intended for short distance patient transfers only.

## CLEANING INSTRUCTIONS:

Remove liners from the splint. The bottom foot liner features special pull tabs to facilitate removal from the splint (Fig. 3). An optional laundry bag is available (Fig. 4, Item #6150). Ensure that the calf and foot hook and loop flaps are closed prior to washing to prevent lint build-up.

Plastic shell and sole:

- Wipe Clean with mild detergent. OSHA approved intermediate level disinfectants can be used per manufacturer instructions. DO NOT use phenol and benzyl based disinfectants.
- After cleaning, products MUST be rinsed with water to remove any residual chemicals.
- Make sure products are completely dry before use.



## DISPOSAL

**WARNING** Properly dispose of the product per facility's policy for BIOHAZARDOUS materials.

## STORAGE AND HANDLING

This device is designed for use in normal indoor environments. This device may be stored in ambient warehouse temperatures at normal humidity levels. Avoid excess moisture or high humidity that may damage product materials.



6148 Podus Boot with ambulation sole

