

# XCELTRAX™

## PATIENT GUIDE

Your healthcare professional will advise you on how to fit the XcelTrax Standard correctly. The steps outlined in this booklet will ensure you are able to fit the boot so that it fits correctly and comfortably, but please contact your healthcare professional in the event of any queries.

### CLEANING INSTRUCTIONS

- The shell of the boot can be wiped with a damp cloth and a mild soap.
- The liner may be hand-washed in 30°C water with mild detergent, ensuring it is rinsed thoroughly before being air dried.



*Always consult your healthcare professional if you intend to make changes to the walker boot or its use.*

*This product is to be used under the supervision of a medical professional and is not intended for unsupervised public use.*

*If you experience any pain, swelling, sensation changes or any unusual reaction while using this product, consult your healthcare professional.*

# PATIENT NOTES

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*Together in Motion™*

# PROCARE®

## XCELTRAX™

### PATIENT GUIDE



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## FITTING THE PROCARE

### XCELTRAX™

- Please ensure you are seated when fitting the XcelTrax Standard.
- For comfort and hygiene, we recommend you use a cotton or cast sock (not provided).

#### 1. Prepare Walker Boot:

- Unfasten straps and remove liner from boot.

#### 2. Place foot in liner with heel fitting snugly into back of liner.

- Wrap and fasten wrap foot flaps, followed by the leg portion of the liner.
- Liner should be snug from top to bottom but should not constrict.

#### 3. Holding the coloured "pull up" tabs, gently open up the side panels of the boot.

- Place heel into the boot first, followed by forefoot.
- Ankle should be centred between side panels, with foot and ankle positioned at a 90° angle.

#### 4. Once alignment is correct,

- Remove the coloured "pull up" tabs and gently press the boot's side panels onto the liner.

#### 5. Ensure the Velcro on boot is making contact with liner.

#### 6. Fasten the straps, beginning at the toe then moving up the limb.

- Do not over-tighten. Adjust the straps if swelling changes.

**Note:** For added comfort, the extra rectangular shaped pads may be used as additional padding inside the liner, under the strap or between the boot shell and liner.

## REMOVING THE PROCARE

### XCELTRAX™

1. Unfasten the straps without removing them completely from boot.

2. Unfasten liner and gently bring foot and ankle out of boot.

3. **To reapply:** Place foot and ankle into liner, position side panels and fasten straps.

## PRECAUTIONS

- Check your skin frequently for "hot spots" and skin irritation.
- If you experience any pains, swelling, sensation changes or any unusual reactions while using this product, consult your healthcare professional immediately.
- Do not use the boot if you cannot feel sensations, whether due to post-op anaesthesia, nerve, skin or other conditions.
- Use caution when walking on slippery or wet surfaces to avoid injury.

*For further information,  
see product Instructions For Use.*

FOOT AND ANKLE

