

## Looking after your boot

- You need to keep your boot dry.
- Make sure you use your pump every morning.
- No more than once a week, when removing your boot or changing the liner to wash it up, you need to give the inner liner a good shake to spread the beads equally throughout your boot.

## Changing and washing the cushion liner

- To change the cushion liner simply unzip it, remove the inner liner, and put in a clean one.
- Make sure each section comes into the appropriate pouch in the cushion liner, and the valve comes out through the designated hole.
- Zip it back and put it on.

You can wash the cushion liner in the washing machine up to 60°C.

If your boot is creating pressure sores on your skin, you can place a dressing on the affected area(s).

If you feel your hips or back are suffering because of the uneven gait that wearing the boot causes, there are products that can help by providing extra elevation (height) under your non-affected limb.

For more information and explanatory videos, see the following web site [oped-uk.com/products/](https://oped-uk.com/products/)

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Information produced by the Trauma and Orthopaedics Team and the Therapies Department

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East Kent  
Hospitals University  
NHS Foundation Trust

# Achilles tendon rupture treated with a VACOped® Boot: user guide

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## Information for patients

If you have any questions once you get home, please contact your Achilles Clinical Specialist Physiotherapist on 01227 78 30 65.

**When removing your boot, you must keep your toes and ankle pointed down at all times.** You may need someone to hold your foot to help you keep your ankle in this position.



### Week 1 to 4: Boot fixed at 30°

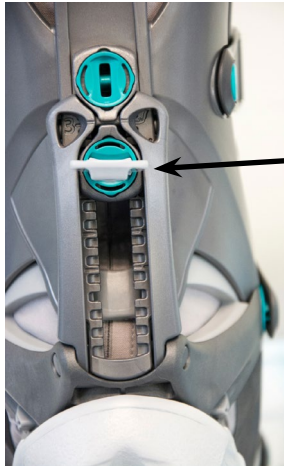
You do not need to do anything for the first four weeks.



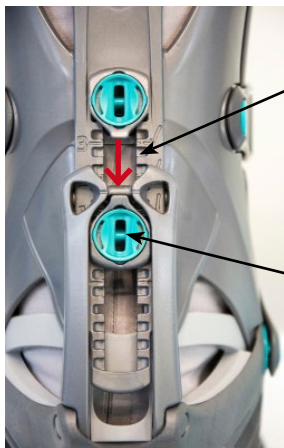
## Week 5 to 6: Range of movement 15° to 30°

### How to change it?

- Insert the VACOped Key in the lower “keyhole”.
- Turn the key 90° either way, and move the lower fixation three notches down from previous setting.
- Lock it back by turning the key 90°. One notch = 5°.



VACOped Key



Notches

Lower fixation

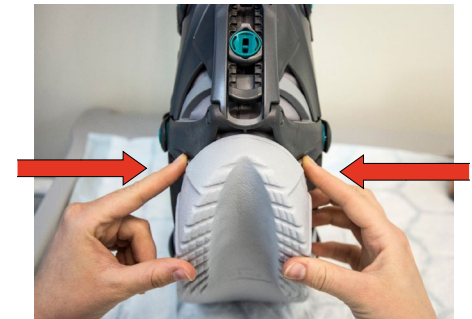
## Week 7 to 8: Range of movement 0° to 30°, plus flat sole

### How to change it?

- Using the VACOped Key, move the lower fixation three notches down from previous setting.



- Remove the wedge sole, by pressing the “buttons” on both sides.
- Adjust the Flat Sole. You should be able to hear it “click” when in place.



### Other adjustments

If you feel the boot is too long or too short, you can adjust the length between the sole and the actual boot.

