

# Instructions for patients with moonboot after leg fracture

You should try these exercises 4 times per day.  
Do each exercise 10 times.

## Whilst you are required to wear a moonboot:

- Elevate your leg when resting
- Keep your toes and knee moving (see pictures below)
- Use your walking aid as instructed



When resting keep your leg elevated  
and knee supported



Keep your toes moving



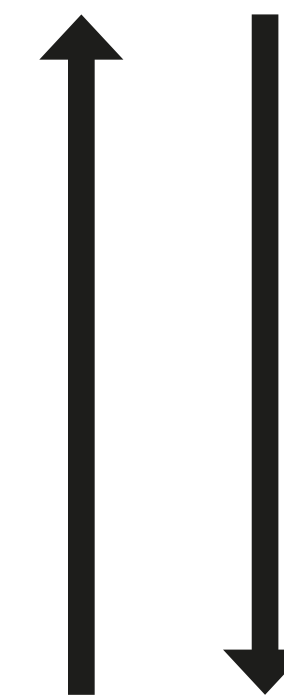
Lift your leg up and tighten  
your thigh muscles



Bend and straighten your knee



Ascend stairs leading with  
your strong foot



Descend stairs leading  
with your injured foot

You can watch a video on how to use your moonboot at this web link  
<https://vimeo.com/434281789> or by scanning the QR code



## Smoking Cessation:

Stop or cut down on smoking while the bone is healing. Smoking has been proven to slow healing and increase the risk of 'non-union' (when the bone doesn't heal). Get help to do so at: [www.nhsinform.scot](http://www.nhsinform.scot)

## Please seek medical attention if:

- Your swelling increases
- You have constant pins and needles
- You have increased pain

Phone **Plaster Room** between 8.30 - 4.00pm (Mon-Thurs) and 8.30 - 11.30am (Friday)

**Tel: 0131 242 3408**

Out with these hours contact the Emergency Department

**Tel: 0131 242 1300 / 1 / 2**

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