

# Deluxe Podus Boots 6147, 6148, 6149, 6151 CHECKLIST



Facility		Contact	
Facility Name		Name	
Street Address		Title	
City/State/Zip		Nursing Unit	
Instructor		Date	
Signature			

Description	Competency Level	Date	Comments
Competency Level Definition - (1) Needs remediation and re-evaluation, (2) Performs skill with accuracy under supervision, (3) Performs skill with accuracy independently			
<p><b>6147SM, 6147ML</b> Deluxe Podus Boot  <b>6148SM, 6148ML</b> Deluxe Podus Boot with Ambulation Sole  <b>6149</b> Additional Ankle Securement Strap for Podus Boot  <b>6151</b> Ambulation Sole only</p> <p>Measure circumference of the individual's limbs to determine size that would best fit the patient/resident:            SM – Small/Medium                13" to 16" (33 cm to 40½ cm) Fits Calf Circ.                7" to 10" (18 cm to 25½ cm) Fits Foot Circ.            ML – Medium/Large                15" to 18" (38 cm to 48 cm) Fits Calf Circ.                9" to 14" (23 cm to 35½ cm) Fits Foot Circ.</p>			
<p><b>APPLICATION INSTRUCTIONS:</b>            1. Open all hook and loop closures.</p>			
<p>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.</p>			

Before use, make sure to read the instructions accompanying the product. A copy of the instruction sheet is included with the product and can also be downloaded at [www.posey.com](http://www.posey.com).

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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.			
<b>Bedding Toe Piece - Keeps bedding off of toes:</b>			
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.			
<b>ROTATION Stabilizer BAR – helps control external rotation:</b>			
1. Loosen the knob holding the Rotation Stabilizer Bar in place and rotate in the appropriate direction.			
2. Tighten the knobs.			
<b>Installation of stabilization sole - #6148SM and #6148ML Only:</b>			
1. Ensure that the anti-rotation bar is in the retracted position.			
2. Loosen the knobs on the bottom of the boot.			



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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.			
5. Tighten the knobs and install the toe cushion.			
6. <b>CAUTION:</b> Ensure that the Ambulation Sole is securely attached and will not move with weight applied before allowing the patient to walk.			
<b>Note:</b> Ambulation Sole is intended for short distance patient transfers only.			