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Welsh Centre for Burns and Plastic Surgery



## How to Fit a Boxia Foot Up Splint

## Physiotherapy Department

For more information, type one of these links into your internet browser:

<https://youtu.be/0zF4qF8uoHQ>  
<https://youtu.be/PFrWkReV09E>

Also found here via QR code:



This splint can be worn in 2 ways:

Option 1 - for barefoot or someone wearing slippers/surgical shoe

Option 2 - for someone wearing trainers/shoes with laces

## Option 1 - For barefoot or someone wearing slippers/surgical shoe

The splint comes in 3 parts

Ankle strap 1 , black loop (a)

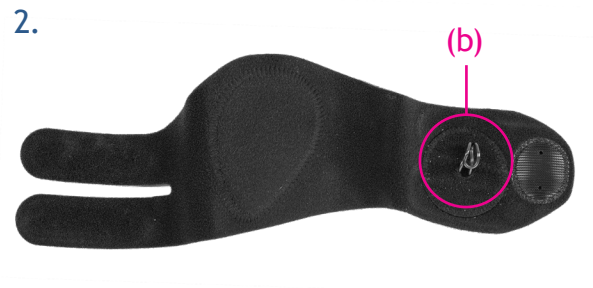
Foot strap 2, black hook (b)

Elastic connector strap 3, Velcro paddles (c)

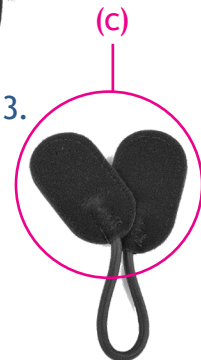
1.



2.



3.



## Step 1:

Place the ankle strap 1 just above the ankle so that the logo sits at the back of the calf/heel facing upwards.

The black loop attachment (a) for elastic connector strap should then sit at the front of the ankle.



## Step 2:

Place the foot strap around the mid part/over the arch of the foot. The hook (b) should sit at the top of the foot pointing downwards.



### Step 3:

Fold the elastic connector strap 3 in half and thread the elastic end through the black loop (a) on the ankle strap and pull it down to attach to the hook (b) on the foot strap. You may need to push the foot up in order for it to reach - this may be easier done in sitting rather than lying on the bed as the foot will naturally be in a better position to secure.



### Step 4:

With the foot as far back under the leg as able, secure it by pulling the elastic tight and fixing velcro paddles (c) on to ankle strap (1).

If the paddles are not secured tight enough the foot will continue to hang down when walking.

If placed correctly the foot should now sit at a 90 degree ankle.



## Step 5:

The slipper or surgical shoe can now be placed on top as normal.



## Option 2 - For someone wearing trainers/shoes with laces

The splint comes in 3 parts

Ankle strap 1 , black loop (a)

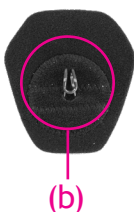
Shoe attachment 2, black hook (b)

Elastic connector strap 3, Velcro paddles (c)

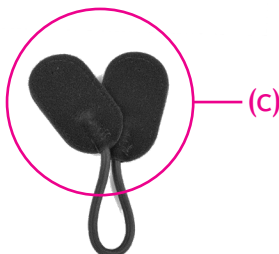
1.



2.



3.



## Step 1:

Place the ankle strap 1 just above the ankle so that the logo sits at the back of the calf/heel facing upwards.

The black loop attachment (a) for elastic connector strap should then sit at the front of the ankle



## Step 2:

Loosen the laces on the selected trainer or shoe. Place the shoe attachment 2 narrow end first underneath the laces on the shoe, above the tongue. The hook part of the attachment b must sit around the middle of the laces, with the hook facing downwards. Make sure the laces are done up tight to hold it in place. This can remain in place on the shoe even when the splint is not being worn. Insert foot in the shoe.



### Step 3:

Fold the elastic connector strap 3 in half and thread the elastic end through the black loop (a) on the ankle strap and pull it down to attach to the hook (b) on the shoe attachment 2. You may need to push the foot up in order for it to reach - this may be easier done in sitting rather than lying on the bed as the foot will naturally be in a better position to secure.



### Step 4:

With the foot as far back under the leg as able, secure it by pulling the elastic tight and fixing velcro paddles (c) on to ankle strap (1). If the paddles are not secured tight enough the foot will continue to hang down when walking.

If placed correctly the foot should now sit at a 90 degree ankle.



## Guidance:

Gradually build up the time you wear the splint starting with short periods until it is comfortable for daily use.

If any areas become red or painful, stop wearing immediately.

If the splint is too tight, first try to loosen the Velcro strap. If it remains uncomfortable please contact your healthcare provider as a larger size may be required.

Check skin integrity regularly for cuts, bruises, redness/irritation and stop use if apparent.

Remove regularly to allow the skin to breath.

Recommend to wear during the day to allow mobilisation and remove at night.

Please contact your healthcare provider if there are any issues.