Cast Shoe

Cast shoes are rigid shoes that help you walk with a cast. Cast shoes help treat minor foot sprains and fractures. These shoes reduce the amount of movement in the joints of the foot. This makes walking less painful. **As long as your injury is painful, you should use crutches to get around. Avoid all weight bearing until your caregiver approves.** When your caregiver says it is safe to put weight on your injured leg or foot, you can begin to use your cast shoe. Make sure it is adjusted right. Ask your caregiver to show you how to adjust it if you are not sure. Most of these shoes have velcro straps which make this easy. You should avoid using any other shoes until your caregiver says it is safe.

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