



## PAEDIATRIC ACUTE CARE GUIDELINE

### CAM Boot

<b>Scope (Staff):</b>	All Emergency Department Clinicians
<b>Scope (Area):</b>	Emergency Department

This document should be read in conjunction with this DISCLAIMER  
<http://kidshealthwa.com/about/disclaimer/>

## CAM Boot

### Background

CAM boots can be used for simple ankle fractures and avulsion fractures of the base of the fifth metatarsal.

### Assessment

#### History

Fractures suitable for CAM boot use are usually sustained with inversion injuries of the ankle.

#### Examination






Swollen and tender lateral malleolus or base of fifth metatarsal.

### Management

Patients can weight bear as tolerated whilst wearing the CAM boot.

**The following table lists the fractures suitable for CAM boot use and the follow up required.**

- See individual fracture guidelines for management of other fractures: [Lower Leg](#); [Ankle Joint](#); [Foot](#).

Fracture	X-Ray	Follow up
Avulsion fracture of distal fibula		No formal follow up required
Salter Harris I fracture of fibula		No formal follow up required
Undisplaced Salter Harris II fracture of fibula		Follow up GP 7-10 days for repeat X-Ray. If displaced, refer to Orthopaedic Fracture clinic.
Undisplaced epiphyseal fracture of distal fibula		Follow up GP in 7-10 days for repeat X-Ray. If displaced, refer to Orthopaedic Fracture Clinic
Avulsion fracture of base of fifth metatarsal If 4th and 5th metatarsal joint involved (Jones Fracture) – then needs plaster backslab)		Follow up Orthopaedic Fracture Clinic 7 days.

## CAM Boot Application

1. Measure the sole of the foot and add an extra 1-2 cm



2. Measure the sole of the CAM boot to select the appropriate size. Open the Velcro straps and remove any excess padding.



3. Place the heel firmly down in the back of the CAM boot



4. Place padding over foot (if required) and fasten Velcro straps



5. Ensure the toes are within the firm sole of the boot



6. Depending on the injury:

- Weight-bear as tolerated
- Partial weight-bear with crutches; or
- Non-weight bearing with crutches




## Management paperwork

[CAM Boot Information GP letter](#)

## Tags

ankle, boot, CAM, fibula, fracture, fractures, metatarsal

This document can be made available in alternative formats on request for a person with a disability.

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