

The adjunct use of a Böhler Walker together with a Total Contact Cast has the potential to broaden the scope of use of Total Contact Casting

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Background & Aims

Offloading with a below knee total contact cast (TCC) remains the gold standard for diabetic foot ulcer (DFU) and Charcot foot. However, its uptake is sometimes restricted or suboptimal. We had noted an increased use of Böhler Walker together with TCC.

The **aim** of the study was to review the various **indications** for the use of Böhler walker with TCC within our service.

Methods

A retrospective cohort review of patients who were offloaded with a combination of a Böhler walker and TCC between October 2023 and March 2026.

Clinical notes were reviewed with analyses of patients' demographics and categorised the indications for use and its effectiveness and tolerance by the patients.

Results

The demographic characteristics (Table 1), cohorts of patients offloaded with TCC plus Böhler Walker (Figure 5), outcome & supplementary data (Table 2) are presented below.

No adverse events were reported by the patients. The TCC plus Böhler walker was tolerated well even by the elderly and facilitated early discharge from hospital.

Table 1: Demographic Characteristics

Number of patients	n=24
Mean age	62±7 years [Range 51-80]
Gender	83% Male (n=20)
Mean BMI	32.5±8 kg/m ² [Range 23.1-52.7]
Percentage of T2DM	79% (n=19)



Figure 6 : Combination with negative pressure wound therapy



Figure 7 : Charcot foot reconstruction

Table 2: Outcome & Supplementary Data

Mean period of Böhler Walker usage	298±277 days [Range 42-990]
Clinical outcome at 12-week	Improved in 91.6% of patients
Concurrent use of crutches	29.1% of patients
Concurrent use of wheelchairs	66.6% of patients

Conclusion

The use of Böhler Walker can be safely considered together with a TCC as an offloading option for complex DFUs not responding to standard TCC.

It can be used for patients with poor balance, or those who cannot safely manage full non-weight bearing after foot and ankle surgery.



Figure 1 : Below knee TCC



Figure 2 : Böhler Walker



Figure 3 : Böhler Walker on TCC



Figure 4: Modified combination with window

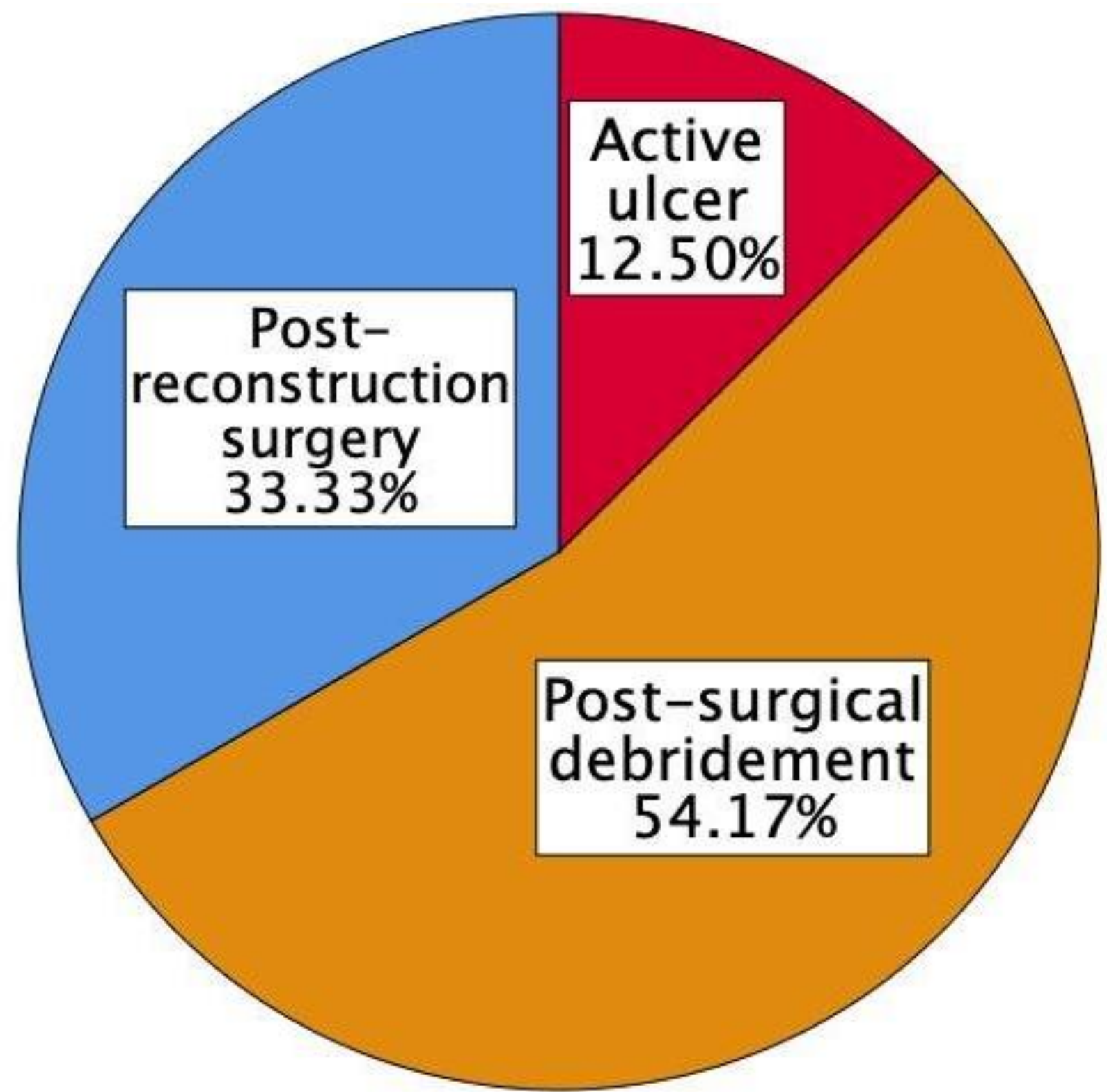


Figure 5: Cohorts of patients offloaded with TCC plus Böhler Walker