Heelift®
TRACTION
APPLICATION AND FITTING GUIDE

- Allows up to 10 lbs. of straight skin traction.
- Made of latex-free polyurethane foam.
- Recommended for single-patient use.

HEELIFT®
Traction

1 removeable traction straps
2 double-beveled elevation pad
3 easy-to-view heel opening
4 traction bar
AFTER SURGERY

Remove the hook-and-loop traction straps from the sides of the boot.

Converts boot into a pressure ulcer prevention device. Use throughout post operative rehabilitation.

CARE INSTRUCTIONS

To **HAND WASH** use a mild cleanser and warm water.

To **MACHINE WASH** and **DRY**, secure straps, and place in a net laundry bag or pillowcase.

**DO NOT BLEACH.**

To **SANITIZE** after washing use an antiseptic spray.

To **STERILIZE** use standard protocols with a steam autoclave. Allow a few hours to cool and dry.
1. Place foot inside boot with the heel above the opening.

2. Thread straps through D-rings. Secure the straps. **APPLY STRAPS LOOSELY.**

3. Test the fit under straps and heel opening. Boot should not move on the leg.
4. Slide rope through the bar. Double knot the shorter rope end to the longer strand of rope.

5. Pass rope through traction pulley on cross bar. Create 1 inch diameter loop in the rope with a double square knot (not a slip knot) just beyond the pulley. Attach weight hanger.

6. Elevate traction bar so leg and boot are ¼ inch above the bed. Finger should fit between heel opening and bed.
OPTIONAL CUSTOMIZATION

Foot Drop

Hip Rotation