FAST FACTS
— for Patients and Families —

Any individual with compromised circulation and/or sensation in their lower limbs and feet (especially heels and ankles) may damage skin and tissue when unable to relieve pressure to those areas.

Diabetes is a major cause of lack of circulation and/or sensation in the lower limbs and feet. This puts the diabetic person at risk of pressure injuries which can be very difficult to treat and lead to chronic conditions, hospitalization, infections and amputation.

- 25% of people with diabetes will develop pressure injuries
- 15% of diabetic wounds will progress to amputation
- Pressure injuries precede 85% of lower extremity amputations


HEEL PRESSURE & DIABETIC INJURY PREVENTION & TREATMENT

What is the purpose of a suspension boot?
- Protect heels, feet, and ankles from pressure injuries
- Protect any area with existing sores or tissue injuries
- Assist with management of pain and comfort
- Assist with positioning
- Prevent foot drop

Heelfit® Boots are designed to:
- Elevate the heel while lying down
- Protect the foot and ankle from injury due to pressure and friction
- Avoid impact with the wheelchair kickplate by wearing Heelfit AFO (with a semi-rigid brace).

PROPER SIZING

Calf Circumference: 9 in (23 cm) from the heel

<table>
<thead>
<tr>
<th>Size</th>
<th>Standard</th>
<th>Convoluted: 10831727008164</th>
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</thead>
<tbody>
<tr>
<td>Heelfit® CLASSIC</td>
<td>10-15 in (25-38 cm)</td>
<td>Smooth: 10831727008133</td>
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<tr>
<td>PETITE</td>
<td>6-10 in (15-25 cm)</td>
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<tr>
<td>BARIATRIC</td>
<td>15-23 in (38-58 cm)</td>
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**HEELIFT ANTI-ROTATION WEDGE**

For the prevention of internal and external leg rotation, apply the optional Heelift Anti-Rotation Wedge. The Heelift wedges can be purchased separately.

- Single-patient use
- Choice of smooth or convoluted interior

View Heelift training videos: bit.ly/2mJuVUa

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**OPTIONAL CUSTOMIZATION**

**MALLEOLAR DECUBITUS**

1. Cut away foam on the fixed pad surrounding the ankle as needed.

2. Cut the spare pad in half and place it along the inside of the boot increasing protective space around the injury.

**ACHILLES TENDON**

If existing redness or skin breakdown is present in this area, cut a “V” shape out of the fixed foam elevation pad.

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**EASY APPLICATION AND FIT OF HEELIFT**

1. Place the foot inside of boot with the heel resting above the opening.

2. Thread straps through the D-rings and secure straps back together.

3. Test the fit with a finger under all straps and heel opening. Ensure no straps come in contact with the skin.

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**IMPORTANT!**

REMOVE BOOT AND EXAMINE FOOT EVERY SHIFT