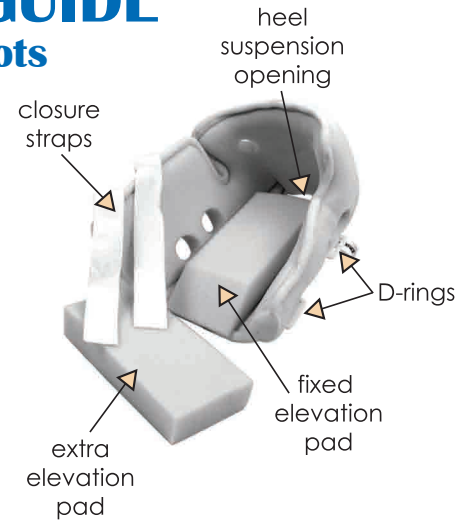


APPLICATION & FITTING GUIDE

Family of Heelift® Suspension Boots



The Heelift Suspension Boots eliminate pressure on the heel to prevent and treat heel ulcers. Designed to provide a proper fit, the Heelift is available in **petite (70 lbs. - 130 lbs.)**, **standard (120 lbs. - 250 lbs.)**, **bariatric (220 lbs. - 600 lbs.)** and in two interiors: smooth and convoluted. Each boot comes with a spare elevation pad that can be trimmed to further ensure a customized fit. The Heelift is made of latex-free polyurethane foam for the patient's comfort.



Application of Heelift® Boots

STEP 1

Open up the Heelift boot (Fig. 1). Set the extra pad aside. **KEEP IT AVAILABLE**, you may need it later to further customize the boot.

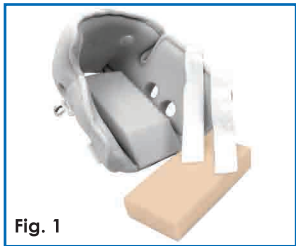


Fig. 1

STEP 2

Place the foot inside the boot with the heel positioned above the heel suspension opening (Fig. 2). The heel should hang over the bottom elevation pad.

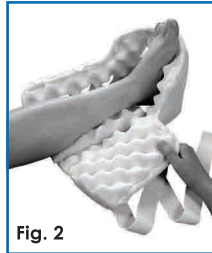


Fig. 2

STEP 3

Pull the closure straps over shin towards D-Rings (Fig. 3). Use hook-and-loop closures to secure the straps. Leave flaps slightly open to provide added ventilation.

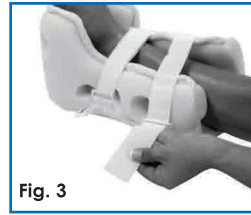


Fig. 3

STEP 4

Test for the proper fit. You should be able to fit your fingers between the heel opening and the bed (Fig. 4). The boot should not move freely on the leg.

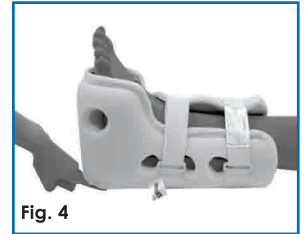


Fig. 4

Customizing the Fit

CAUTION: DO NOT cut through the sewn rim of the boot and **DO NOT** remove the entire sheet of adhesive backing from the spare pad unless it is necessary.



LONGER LEGS

Place the extra pad slightly more outward than the fixed pad.



HIP ROTATION

Secure the extra pad in a horizontal position to outer side of the boot.



FOOT DROP

Secure the extra pad in a vertical position behind the sole of the foot.



PARTIAL MOBILITY

Walking short distances is permitted. If walking long distances, do so **ONLY WITH ASSISTANCE**.



MALLEOLAR DECUBITUS

Cut away the bumps surrounding the ankle. Cut a portion of the fixed pad if necessary.



ACHILLES TENDON

If redness occurs in this area, cut a "V" shape out of the fixed pad. If using both pads, customize the upper pad.



BIARIATIC LEGS

If the heel comes into contact with the bed sheet, add the extra pad on top of the fixed pad for increased elevation.

Care Instructions for the Heelift® Boots

- To **HAND WASH**: use mild cleanser and warm water.
- To **MACHINE WASH** and **DRY**: secure straps and place in a net laundry bag or pillowcase.
- 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 completely.