

# APPLICATION & FITTING GUIDE

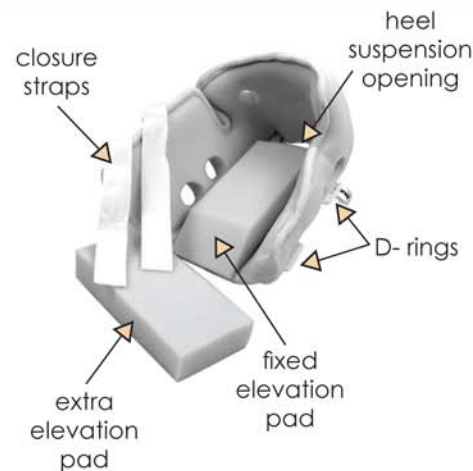
## Family of Heelift® Suspension Boots



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. Set the extra pad aside. **KEEP IT AVAILABLE**, you may need it later to further customize the boot.



**STEP 2:** Place the foot inside the boot with the heel positioned above the heel suspension opening. The heel should hang over the bottom elevation pad.



**STEP 3:** Pull the closure straps over skin towards D-rings. Thread the straps through the D-rings. Use hook-and-loop closures to secure the straps. Leave flaps slightly open to provide added ventilation.



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



## 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.



**BARIATRIC LEGS:**  
If the heel comes in contact with the bed sheet, add the extra pad on top of the fixed pad for increased elevation.

► Single patient use only, observing NICE clinical guidelines at all times

## 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 net laundry bag or pillowcase.
- To **SANITIZE** after washing: use an antiseptic spray.
- To **STERILIZE:** Keep the straps loosely affixed, use standard protocols with a steam autoclave. Allow a few hours to cool and dry completely.