

Protects the skin from injury caused by heel pressure and friction.



- **Open heel design** eliminates heel pressure by suspending the heel in the air while promoting healing.
- **Anti-shear soft fabric** interior minimizes shearing and friction.
- **Open gate design** provides access for easy assessment without removing the boot.
- **Foot drop straps** reduce the risk of plantar flexion.
- **Adjustable straps** allow the universal boot to be easily customized for an optimal fit.
- **Extended height** prevents sheets and blankets from contacting the toes.
- **Anti-rotation wedge** supports the foot and helps prevent hip and leg rotation.
- **Tubing port opening** for convenience.

Re-Order #	Description	Size	U/M
503410	Super Soft HeelCheck Boot	Universal	Each

### Purpose

Pressure injuries can develop when prolonged pressure is exerted on bony areas of the body. The heel is the second most common site of pressure ulcers. The Super Soft HeelCheck Boot helps with the prevention and treatment of pressures sores by reducing friction, off-loading the heel and restricting plantar flexion contracture.

### Easy to Use

- **Position the patient:** Have the patient lie down on the bed. Ensure they are in a relaxed position and that their affected foot is easily accessible.
- **Prepare the boot:** Detach the adjustable straps to make it easier to slide the patient's foot into the boot over the air cavity. Follow the printed icon on the top strap to ensure that the boot is positioned in the correct direction (Fig. 1).
- **Slide the foot into the boot:** Hold the heel boot with one hand and gently guide the patient's foot into the boot with the other hand. The foot is positioned correctly when the heel is suspended over the air cavity with the toes facing upward, and the foot resting against the front of the boot (Fig. 2).
- **Secure the boot:** Once the foot is properly positioned in the boot, fasten the adjustable straps for optimal fit. Make sure the straps are securely fastened but not too tight, as this could restrict blood flow or cause discomfort to the patient. Position your hand under the heel opening to verify that the heel is elevated and not in contact with the bed surface.



- **Anti-Rotation Wedge (if appropriate):** Can be used on either side of the boot to prevent foot, hip and leg rotation.
- **Tubing Port (if appropriate):** Can be used on either side of the boot to facilitate the use of compression devices. Thread the tubing through the side port and ensure the tubing does not come into contact with the patient's skin.
- **Open Gate Design (if appropriate):** Allows the caregiver to make assessments without removing the boot.

### Caution

Do not allow patient to walk or stand on the floor while wearing the boot. It is recommended that a medical professional periodically inspect the foot and heel to assure that the foot is always positioned properly inside the HeelCheck Boot.

### Easy Care

Clean heel protector with PDA wipes or soap and water. If necessary, launder at temperatures below 176° F (80° C). Do not bleach. Tumble dry or air dry only. Be sure to connect the adjustable straps and the anti-foot drop straps to the actual boot before laundering.

## Super Soft HeelCheck Boot Reference Guide



#### Adjustable Straps

Universal design allows caregiver to adjust for optimal fit.

#### Anti-Shear Interior

Soft fabric reduces friction

#### 13" Height

Keeps the sheets off of the toes

#### Open Gate

Provides access for easy assessment without removing the boot

#### Anti-Foot Drop Strap

Allows the ankle to be held at a neutral position

#### Tubing Port

Convenient opening for compression devices

#### Anti-Rotation Wedge

Supports the foot and helps prevent hip and leg rotation.