PRESSURE ULCER PREVENTION *PLUS*



HEELIFT® Boots

The next generation of pressure ulcer prevention and treatment



HEELIFT® BOOTS:

The Proof Is In The Outcomes

As a clinician, you naturally want to use products that will provide your patient with the best experience possible. Companies that make the products you use will all tell you that theirs is the best, but what you really count on is feedback from your professional peers. Heelift has been validated by clinicians in four different ways.

01 Clinical Outcomes

Heelift is the only offloading boot to have been tested in a Randomized Control Trial, and has the highest level of clinical evidence in the industry. When we say that Heelift is the gold standard for heel pressure ulcer prevention, we are making a statement that can be supported by credible clinical evidence. To read the RCT and other case studies where Heelift was proven to be clinically effective, visit: **heelift.com/studies-and-trials**



02 Prevention and Treatment of Pressure Ulcers: Quick Reference Guide

NPUAP/EPUAP General Recommendations

1. Inspect the skin of the heels regularly.

Repositioning for Preventing Heel Pressure Ulcers

1. Ensure that the heels are free of the surface of the bed. Ideally, heels should be free of all pressure — a state sometimes called 'floating heels'.

1.1. Use heel suspension devices that elevate and offload the heel completely in such a way as to distribute the weight of the leg along the calf without placing pressure on the Achilles tendon.

Heel suspension devices are preferable for long term use, or for individuals who are not likely to keep their legs on the pillows.

2. The knee should be in slight (5° to 10°) flexion.
There is indirect evidence that hyperextension of the knee may cause obstruction of the popliteal vein, and this could predispose an individual to deep vein thrombosis (DVT).

3. Avoid areas of high pressure, especially under the Achilles tendon.

3.1. Use a foam cushion under the full length of the calves to elevate heels.Pillows or foam cushions used for heel elevation should extend the length of the calf to avoid areas of high pressure, particularly under the Achilles tendon. Flex the knee slightly to avoid popliteal vein compression and increased risk of DVT.

4. Apply heel suspension devices according to the manufacturer's instructions.

5. Remove the heel suspension device periodically to assess skin integrity.

Repositioning for Treating Existing Heel Pressure Ulcers

1. Relieve pressure under the heel(s) with Category/Stage I or II pressure ulcers by placing legs on a pillow to 'float the heels' off the bed or by using heel suspension devices.

2. For Category/Stage III, IV and unstageable pressure ulcers, place the leg in a device that elevates the heel from the surface of the bed, completely offloading the pressure ulcer. Consider a device that also prevents footdrop.

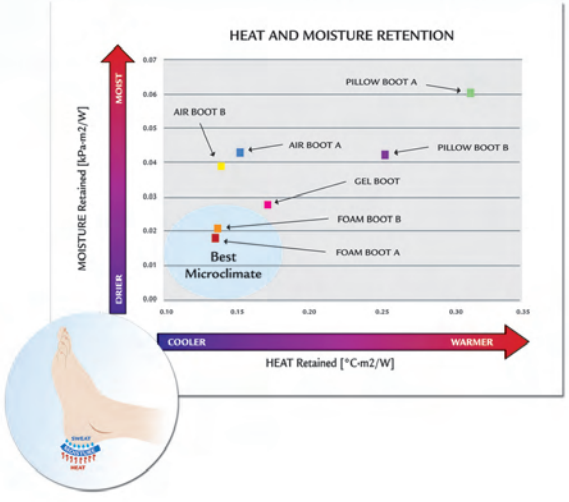
Pressure on Category/Stage III, IV, and unstageable heel pressure ulcers should be completely offloaded as much as possible. Elevation of the heel on a pillow is usually inadequate.

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CLINICIAN VALIDATED COST PERFORMER

03 Independent Laboratory Testing

One of the most important factors to consider in the effectiveness of a heel offloading boot is how well patients will comply with wearing the device. Maintaining a cool, dry microclimate plays a large part in assuring that patient compliance will be high, and also aids in preventing skin breakdown. Heelift has performed very well in microclimate testing conducted by independent laboratories at North Carolina State and Weber State University. To learn more visit: **heelift.com/microclimate**



04 Clinician Testimonials

Of course, nothing is more powerful than hearing other clinicians' opinions about a product. Here are some statements from clinicians about their experience with Heelift Brand Boots. To read clinician reviews visit: **heelift.com/testimonials**



Great overall product improvement. Increases patient comfort and patient perception of product ...This boot is 'high class' and nurses seem to be more vigilant about usage...It stays in place, even without snug fit.

Joel Graeter, RN CWOCN
ETMC Specialty Hospital
Tyler, Texas

I have used Heelift for over 2 years in LTC. The Heelift Glide and AFO are effective in offloading and preventing pressure ulcers on immobile LTC residents' lower legs and feet, both while in bed and when up in a wheelchair, as well as preventing traumatic injuries/ wounds on diabetic residents.

Lisa McEwan, RN
Regional Manager of Clinical Services
Revera Inc.
Kitchener, ON Canada

DEMONSTRATED COST SAVINGS

When the dollars make sense...

A 250-bed facility switched from a leading pillow-style boot to Heelift. The switch saved the facility approximately $39,000 in the first year alone.. The cost to treat heel pressure ulcers to discharge can range from $2,000 (for Stage I) to more than $70,000 for Stage IV. When used as part of a prevention protocol, Heelift Brand Boots can save facilities more than a million dollars annually in treatment costs. Learn how much money your facility could save using Heelift Boots. Contact us for a customized report showing exactly how much you can save. Or see for yourself at **heelift.com/heeliftcalculator**

ULTIMATE HEEL OFFLOADING BOOTS

Heelift® AFO Ultra



How could an ankle foot orthosis be the ultimate heel offloading boot? Heelift AFO Ultra and Heelift AFO are not typical AFO devices. While both products are indicated for conditions treated by conventional AFOs, Heelift AFO boots also provide offloading benefits to help prevent heel ulcers. Additonally, the semi-rigid brace and the outer lining help maintain proper foot position and assist in preventing foot drop deformity.

HEELIFT® AFO Ultra



Heelift AFO Ultra has our new UltraTec, water-repellent interior lining which is soft, comfortable and aids in patient compliance. It also further assists in maintaining proper foot position and is easy to wipe clean. The inner lining is impermeable—liquid can't get through. Watch our test results here: **heelift.com/ultratec**

Remove the elevation pad cover to customize the Heelift AFO Ultra to meet specific patient needs (see page 9).

For hip rotation use the **NEW** Heelift Anti-Rotation Wedge (see page 9).





A semi-rigid polypropylene brace controls ankle motion and allows for limited weight bearing.

HEEL OFFLOADING WITH MOBILITY

Heelift® AFO

Heelift AFO Ultra and Heelift AFO both have a non-slip traction sole that allows limited weight bearing. This assists in transfers from bed, wheel chairs, commode, or physical therapy. Assistance is still recommended for ambulating patients. The forefoot strap keeps the boot in place while a soft exterior allows easy movement over the sheets.





HEELIFT® AFO

Heelift AFO is available with a smooth or a convoluted foam interior. Like all Heelift products, it is easy to wash, autoclave, or customize (see page 9).



Heelift AFO Ultra and Heelift AFO are indicated for the following:

- Foot Drop Deformity
- Dorsiflexion ankle support for paralyzed legs
- Comfortable night splint
- Treatment/Prevention of plantar flexion contracture
- Treatment of plantar fasciitis
- Treatment/Prevention of foot drop deformity
- Treatment of Achilles tendonitis



OUR NEW PREMIUM HEEL OFFLOADING BOOTS

Heelift® Glide Ultra



How will Heelift Glide Ultra and Heelift Glide save you time? Both boots move easily over the sheet, which helps keep them in place. That means fewer adjustments and less time spent reapplying the boot. The comfortable design means better patient compliance and fewer patient complaints. They are easy to clean — both boots are washable and the interior of Heelift Glide Ultra can simply be wiped clean.



Forefoot strap helps keeps the boot in place while cradling the foot.

HEELIFT® Glide Ultra

Heelift Glide Ultra has our new UltraTec, water-repellent interior lining which is soft and comfortable and aids in patient compliance. It also further assists in maintaining proper foot position and is easy to wipe clean.



For Hip Rotation use the **NEW** Heelift Anti-Rotation Wedge (see page 9).

Remove the elevation pad cover to customize the Heelift Glide Ultra to meet specific patient needs.



SAVE NURSING TIME
INCREASE PATIENT COMPLIANCE

Heelift® Glide

Heelift Glide Ultra and Heelift Glide provide the same pressure-free environment you have come to expect from Heelift Boots. An affixed pad completely suspends the heel and redistributes pressure. An extended forefoot with rounded-edge stitching won't catch on the sheets. The durable exterior allows the patient's leg to glide easily across the sheets. What will you do with the time these products will save you?



Affixed pad completely suspends the heel and redistributes pressure.





Heelift Glide Ultra and Heelift Glide are available in three sizes: Standard, Bariatric, and Petite (see page 8 for Sizing Chart).

We designed the Heelift Glide with you in mind. Easy-on, easy-off. No ordering a separate second boot if the patient needs special customization. Cooler, more comfortable, and more convenient. 40% lighter and less bulky than a pillow-style boot. Heelift Glide is available with a smooth or a convoluted foam interior.



HEELIFT® Glide



Heelift boots can all be machine washed and dried or autoclaved

THE ULTIMATE COST PERFORMER

Heelift® Classic



Since its introduction in 1979, Heelift Classic has helped millions of patients prevent and treat heel pressure ulcers. Over the last few decades, the Heelift has allowed facilities to shift their focus from expensive treatment methods to safer, more economical prevention strategies. Heelift Classic provides a comfortable pressure-free space for the heel, is ready to use, easy to customize, and available for all patient sizes.



Affixed pad completely suspends the heel and redistributes pressure.

HEELIFT® Classic

Heelift Classic floats the heel, redistributing pressure up the calf by using a soft double-beveled fixed pad that keeps the heel in space. The open design keeps air moving around the foot to prevent heat buildup. Standard and Petite are available with either a convoluted or smooth interior, while the Bariatric comes with a smooth interior.



Heelift Sizing Chart

Calf Circumference

9 in (23 cm) from floor



Heelift Classic **Petite**: 6 - 10 in (15-25 cm)
Heelift Classic **Standard**: 10 - 15 in (25-38 cm)
Heelift Classic **Bariatric**: 15 - 23 in (38-58 cm)

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EASY CARE AND CUSTOMIZATION

Heelift® Offloading Boots

Optional Customization

Heelift® AFO, Glide and Classic all include a spare elevation pad to facilitate customization. Heelift AFO Ultra and Glide Ultra boots have a removable elevation pad cover for this very same reason. Every Heelift boot is ready to use right out of the bag but, if required, can also be customized to suit your patient's unique needs.



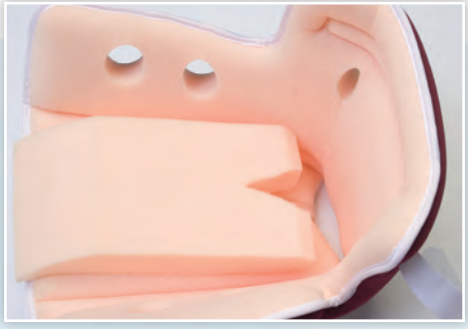


Easy Care

Unlike many heel offloading boots, Heelift boots can all be machine washed and dried or autoclaved. Use an antiseptic spray to sanitize. Remove the traction device from Heelift Traction Boot before washing.

Heelift Anti-Rotation Wedge gives you the flexibility needed to stop rotation in immobile patients. The easy to apply, reusable wedge attaches to either side of the boot, and prevents rotation.

- Use with any Heelift Boot Standard or Petite
- Takes just seconds to apply
- Works for both external and internal rotation
- Reusable
- Heelift Ultra models include Anti-Rotation Wedge



Achilles Tendon



Foot Drop



Malleolar Decubitus



For Use with Sequential Compression Devices

Heelift® Traction Boot



Heelift Traction Boot solves two problems at once. While applying up to ten pounds Buck's traction to stabilize pre-surgical femur fractures, Heelift Traction Boot offloads the heel to prevent heel pressure ulcers while averting peroneal nerve pressure injury at the fibular head. After surgery, Heelift Traction Boot easily converts to a Heelift Classic Boot in just seconds, eliminating the need for a separate boot and saving you time, effort, and cost.



Elbowlift® Suspension Pad

Relieving elbow pressure and preventing friction is a challenge. Elbowlift Suspension Pad meets that challenge by elevating and cushioning the elbow, protecting the sensitive olecranon and olecranon bursa. The fabric cover allows the elbow to move across the sheets comfortably.

HeelSafe™ DVT Hose

The innovative window design keeps the pressure off the heel, while allowing you to quickly and easily inspect the heel in a fraction of the time. The soft, ultra-stretch fabric makes them comfortable and easy to put on and take off. HeelSafe not only guards against serious complications like DVT, but also prevents swelling and leg fatigue.

HeelSafe is indicated for:

- Patients at risk for DVT
- Patients at risk for or with a history of heel pressure ulcers
- Those with limited mobility, or who sit, stand, or travel for long periods of time





GRADUATED COMPRESSION RATINGS:

Knee-High 20 to 12 mm Hg, decreasing ankle to calf.

Thigh-High 20 to 9 mm Hg, decreasing ankle to thigh.

WARNING: *In vitro study with HeelSafe DVT Hose showed evidence of mild reactivity.*

CONTRAINDICATIONS: *Patients with edematous, breached or compromised skin. Peripheral vascular disease – No pulses = no compression hose*

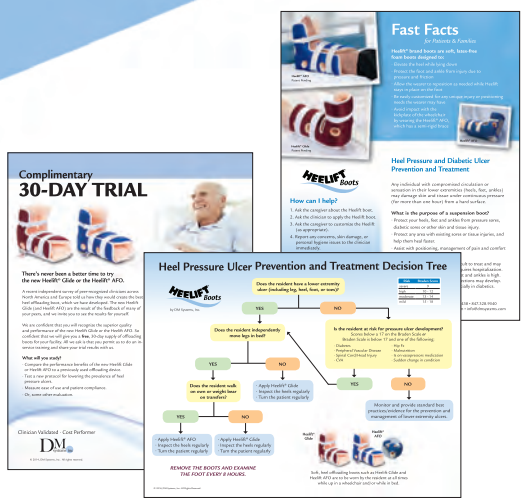
CAUTIONS: *Consult with your doctor if you have a history of allergies or sensitivity to nylon or spandex; or compromised circulatory function.*

PRECAUTIONS: *Consult with your doctor if you observe any redness or swelling at the heel opening. Ensure that the measurement instructions for the calf and thigh shown in these directions for use are carefully followed to ensure correct fitting.*

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YOUR PARTNER FOR PREVENTION

Position Health and Heelift



Support for Clinicians & Facilities

We are so confident that you will love Heelift offloading boots, we have instituted a **30 Day Trial Program**. Tell us your monthly usage and allow our representative to do an in-service training, and we will send you a 30 day supply of Heelift boots at no cost to your facility.

Want to take the research further? We offer support for **Clinical Outcomes Studies** including our **Trial Toolkit**, which includes many of the forms and data collection tools you will need, as well as patient education support.

Product Support

We stand behind all Heelift boots with a six month warranty. Our website features training videos, additional optional customization instructions and more. Our representatives are available for full in-service trainings, whether you have never used Heelift or if you have been using it for years. Visit here for more: **heelift.com/clinicalresources**



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