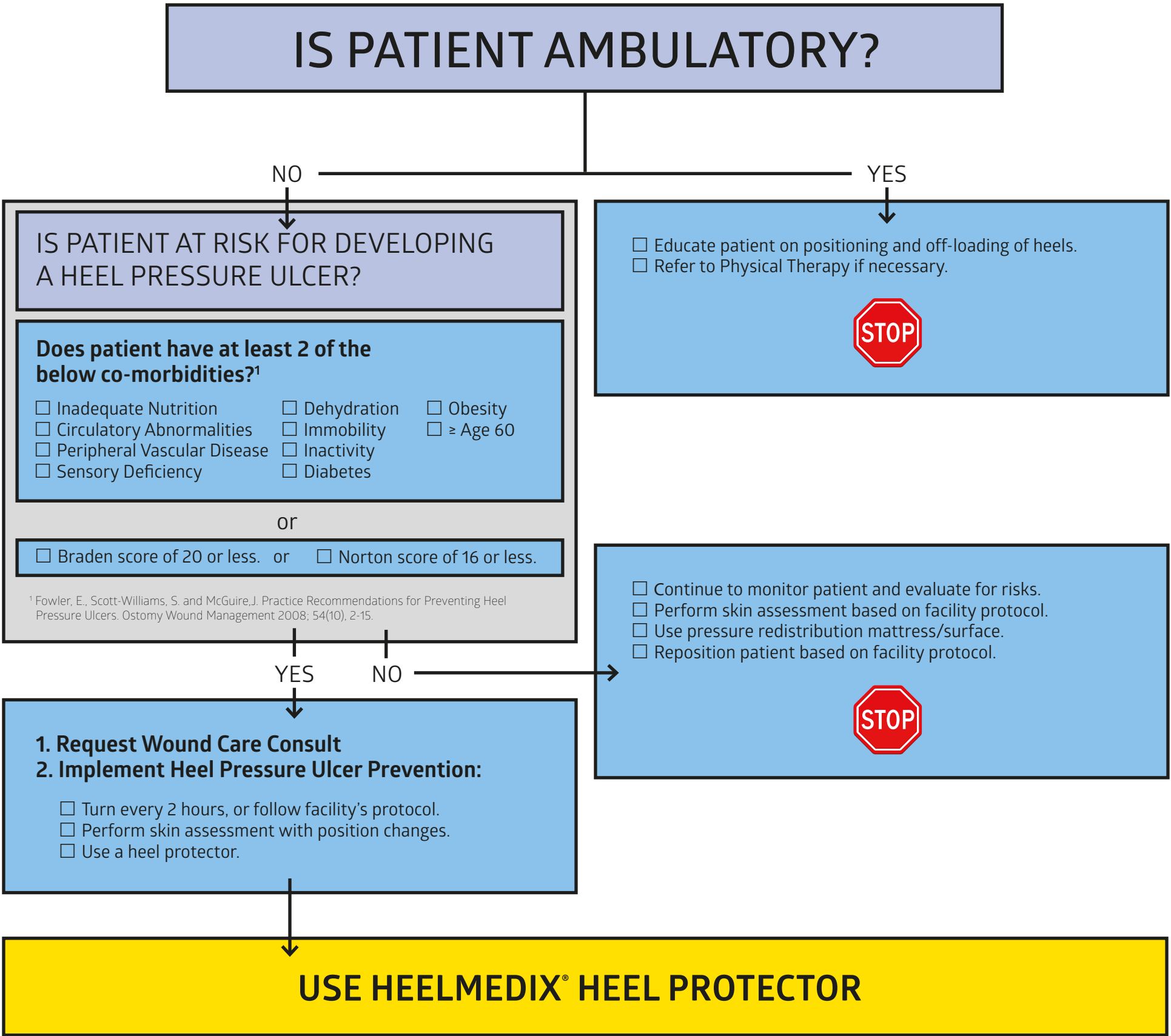




# HEEL PROTECTION ALGORITHM

PREVENTION AND CARE OF PRESSURE ULCERS



HEELMEDIX®

☐ Total Braden score of 20 or less

☐ Mobility score < 3

☐ Activity score ≤ 2

☐ Friction & Shear score ≤ 2

or

☐ Total Norton score of 16 or less

☐ Activity score ≤ 2

☐ Friction Mobility score ≤ 2

Measure calf circumference for appropriate size.  
See application guidelines on reverse.

PETITE

STANDARD

X-LARGE

12.7 - 27.9 cm

27.9 - 48.2 cm

48.2 - 63.5 cm

calf circumference

calf circumference

calf circumference

(5 - 11 inches)

(11 - 19 inches)

(19 - 25 inches)

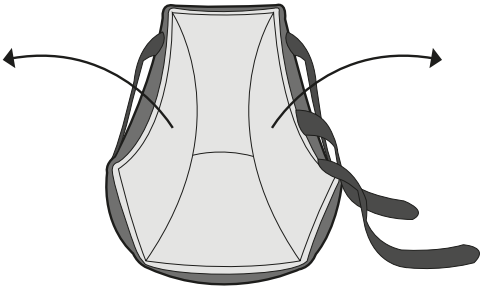
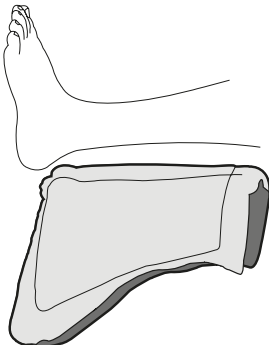
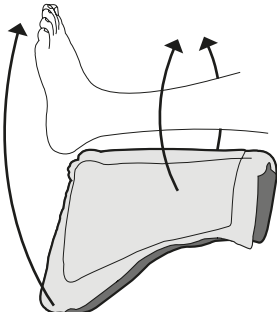
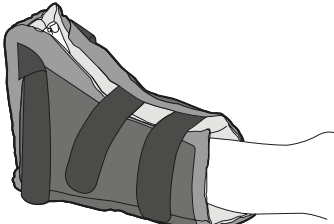
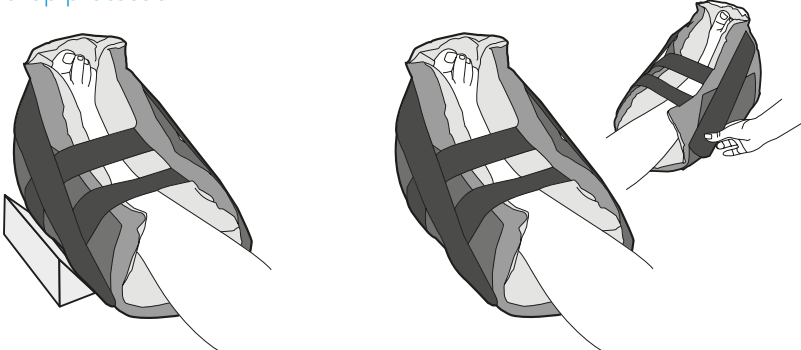
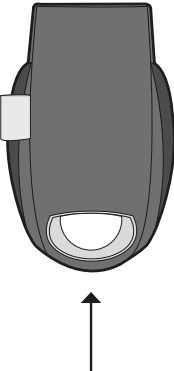
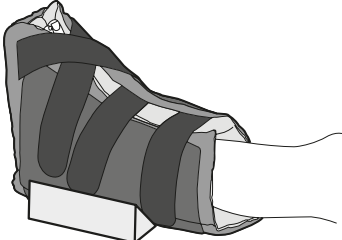
The above is for guideline purposes only and not claims for efficacy on individual patients or residents. A complete clinical assessment of each patient or resident should be done before selecting any heel protection product.

Measure calf circumference for appropriate size.

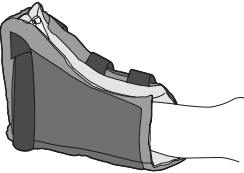
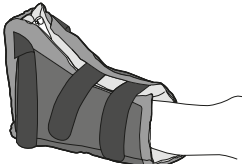
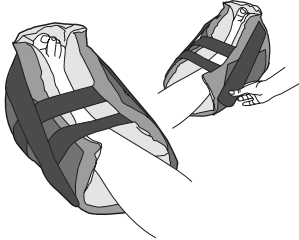

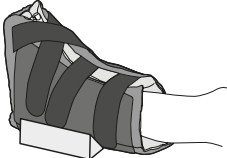
PETITE	STANDARD	X-LARGE
12.7 - 27.9 cm	27.9 - 48.2 cm	48.2 - 63.5 cm
calf circumference (5 - 11 inches)	calf circumference (11 - 19 inches)	calf circumference (19 - 25 inches)

# How to Apply

## Inside-Out Application (preferred method)

<b>1</b> <b>Open all straps.</b>		<b>2</b> <b>Flip the boot inside out. Place the lower leg on the long side of the boot, with the heel in the hole.</b>	
<b>3</b> <b>Once the heel is properly placed in the hole, flip the sides of the boot up. Make sure that the heel is elevated.</b>		<b>4</b> <b>Cross the two straps furthest from the foot across the leg. Make sure that the straps are not touching the leg.</b>	
<b>5</b> <b>Now connect the two grey straps on the sides:</b>  Secure the two additional straps alongside the leg at a slight downward angle. Make sure the strap does not touch the patient. <i>NOTE: This provides enhanced foot drop protection.</i>		<b>6</b> <b>Make sure the heel is elevated.</b>	<b>7</b> <b>Apply one or two optional wedges to outside/inside of boot for extra stabilization.</b>
			

## Standard Application

<b>1</b> To apply HEELMEDIX® heel protector, first open all straps. Place the lower leg on the long side of the boot, with the heel above the opening. Make sure that the heel is elevated.		<b>2</b> Starting with the strap (strap 1) farthest from the foot, cross over the leg and secure the strap. Then, secure the next-farthest strap (strap 2) the same way. <i>Caution: Do not wrap the straps so tightly that circulation is restricted.</i>		<b>3</b> To finish applying HEELMEDIX:  Secure the last two straps (straps 3 & 4) alongside the leg at a slight downward angle. Make sure the strap does not touch the patient. <i>Note: This option provides enhanced foot drop protection.</i>		<b>4</b> Make sure the heel is elevated.	
				<b>5</b> Secure an optional wedge on either side of the HEELMEDIX, at the bed level to help prevent the foot and leg from medial and lateral rotation. Hook-and-loop material holds the wedge in place.			

For step-by-step video, visit [heelmedix.com](http://heelmedix.com)

HEELMEDIX heel protector is single patient use only. Product is used on patients while in bed to help prevent pressure ulcers. Patient must not walk or stand while wearing the HEELMEDIX heel protector.



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ALWAYS  
ON.