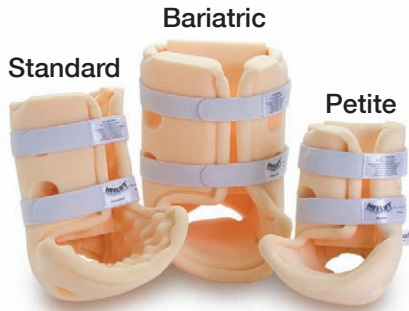


APPLICATION & FITTING GUIDE

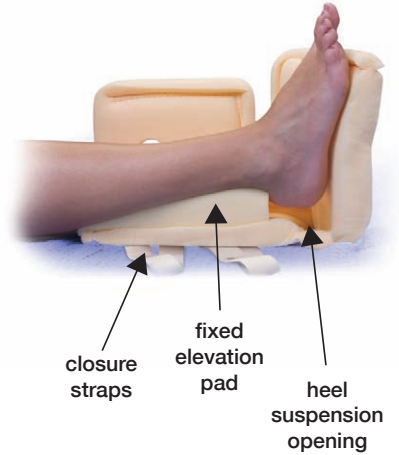
Family of Heelift® Suspension Boots



Recommended patient dimensions for sizing:

	Weight	Calf Circumference	Height
Standard	120 - 250 lbs	8 - 14 in	60 - 77 in
	54 - 113 kg	20 - 36 cm	152 - 196 cm
Bariatric	220 - 600 lbs	12 - 23 in	65 - 80 in
	100 - 271 kg	30 - 58 cm	165 - 203 cm
Petite	70 - 130 lbs	6 - 10 in	46 - 64 in
	32 - 50 kg	15 - 25 cm	117 - 163 cm

Made of latex-free polyurethane foam.
Recommended for single-patient use.



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

Care Instructions for the Heelift® Boot

- 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:** use standard protocols with a steam autoclave. Allow a few hours to cool and dry completely.

Phone: 800-323-4282
Fax: 800-950-1167

ALCO
Sales & Service Co.

info@alcosales.com
www.alcosales.com