

Solutions for protecting the vulnerable heel

Trusted Solutions,
Passionate People



Odstock Wedge



Specifically suitable for use with beds without a knee elevation function. The Odstock Wedge assists with **knee flexion**, **reducing shear and friction forces** on the vulnerable heel area.

Due to the lack of subcutaneous fat, the heel is vulnerable to skin damage as a result of pressure and shear forces. If a pressure ulcer occurs, it is likely to be severe to lack of 'padding' and preventative strategies are key.



Heelpad



Designed to **reduce pressure** on the heel, through the controlled volume of gel in the sacs, ensuring **pressure displacement and even weight distribution**. Available as Single or Double pads

Leg Trough



Provides **maximum support** for the lower limb, whilst completely **offloading** pressure from the vulnerable heel. Adjustable straps provide additional positioning.

Available without straps if preferred and in various length fittings.

Small, Medium & Large

MaxXcare Pro Heel Boot



Offers **comfort and pressure redistribution**. Can be an effective solution for patients with **existing heel damage** due to heel offloading. Specifically suitable for patients able to **transfer** with/without assistance

Available in Standard and XL size.

Flexipad



The Flexipad can be used to assist with **heel elevation or positioning** to reduce or remove pressure on the heel area.

Available in double or single sizes

The 2014 *European Pressure Ulcer Advisory Panel (EPUAP 2014)* guidelines recommends the practice off-loading pressure from the heel. 'Floating heels'.

'Discuss with adults with a heel pressure ulcer and, if appropriate, their family or carers, a strategy to offload heel pressure as part of their individualised care plan' (NICE, 2014)