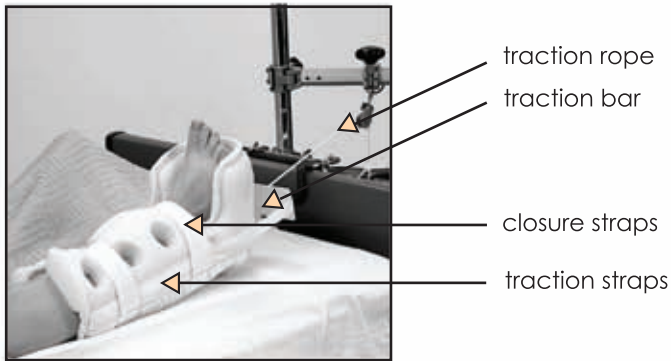




Application & Fitting Guide

Heelift® Traction Boot

The Heelift® Traction Boot allows the application of up to 10 pounds of straight skin (Buck's) traction to help stabilize femur fractures prior to surgery. It cradles the heel and malleoli in a pocket of air that prevents pressure ulcers on the immobilized foot and ankle. The Heelift® Traction Boot also elevates the leg to prevent pressure on the peroneal nerve below the knee.



Application of Boot

STEP 1

Place the foot inside the boot with the heel positioned above the heel suspension opening (Fig. 2). The heel should hang over the bottom elevation pad.



Fig. 2

STEP 2

Pull the closure straps over shin toward D-Rings. Thread the straps through the D-Rings (Fig. 3). Use the hook-and-loop closures to secure the straps. Leave flaps slightly open to provide added ventilation.



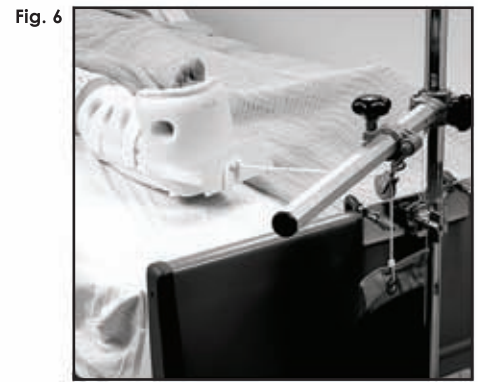
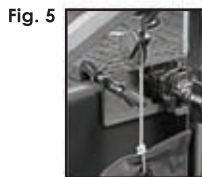
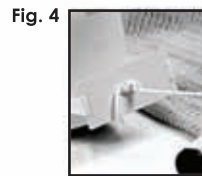
Fig. 3

Application of Traction Device

Unravel the traction rope and rotate the traction bar on the boot to be certain the rope attachment is on the outside. Reduce the double strand of traction rope to one strand by sliding it through the rope attachment bar, and then double knot the shorter rope end to the longer strand of rope (Fig. 4).

Pass the free, longer unknotted end of the rope through the pre-positioned traction pulley on the cross bar attached to the frame at the foot of the bed. Pull firmly on the rope and create a short one inch diameter loop in the rope with a double square knot (not a slip knot) just beyond the pulley. Attach a weight hanger and apply the prescribed weight up to 10-11 pounds (Fig. 5).

Elevate the traction bar so that the leg and Heelift® Traction Boot are one quarter inch above the bed. You should be able to fit your finger between the heel opening and the bed (Fig. 6).



After Surgery

KEEP THE BOOT AVAILABLE!

Remove the long Velcro® attached traction straps from along the sides of the Heelift® (Fig. 7) to convert it into a heel and lateral malleolar pressure ulcer prevention device to be used throughout the post operative rehabilitation (Fig. 8).



Fig. 7



Fig. 8

- If the leg is externally rotated, apply the spare pad beneath the traction straps on the outside of the boot.
- To avoid heel cord contracture, secure the extra pad in a vertical position behind the sole of the foot.

Care Instructions for the Boots

- Hand washing is recommended for soiled Heelift® boots using a mild cleanser and warm water.
- For Machine Washing and Drying: remove the traction device, close the straps, and place the Heelift® into a net laundry bag or pillow case.
- For wounds that are draining, sanitize your Heelift® after washing by spraying it with an antiseptic spray.