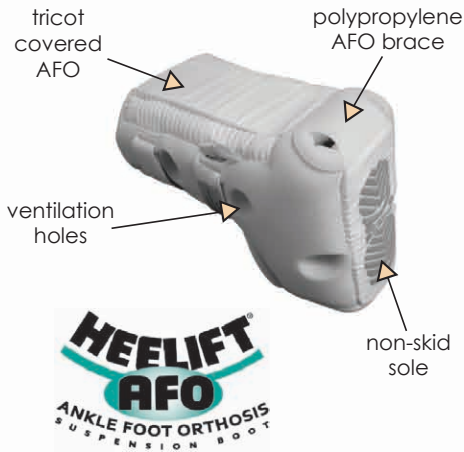


# APPLICATION & FITTING GUIDE

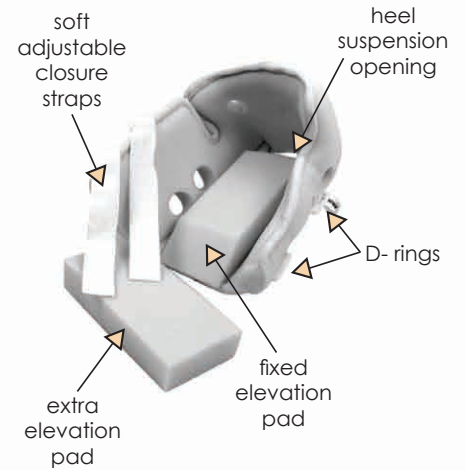
## Heelift® Ankle Foot Orthosis Suspension Boots



### The Heelift® AFO Suspension Boot:

- Provides dorsiflexion ankle force
- Accommodates plantar flexion contracture and foot drop deformity
- Plantar fasciitis
- Achilles tendonitis

Designed for maximum comfort, the Heelift AFO is available in two interiors: smooth and convoluted. Each boot comes with a spare elevation pad that can be trimmed to further ensure a customized fit. The Heelift AFO is made of polypropylene within a latex-free polyurethane foam. For single-patient use.



## Application of Heelift® AFO 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.



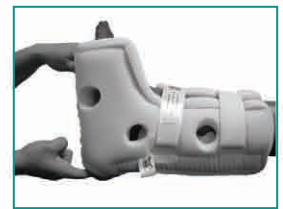
**STEP 2:** Place the foot inside the boot with the heel positioned above the heel suspension opening. The heel should hang over the bottom elevation pad.



**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 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 brace, add the extra pad on top of the fixed pad for increased elevation.

## Care Instructions for the Heelift® AFO Boots

- 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.