



## Heel & Elbow Protection



**Don't Let the Pressure  
Get to Your Patients.**

# Relieve Pressure on Vulnerable Heels and Elbows

The heels are the most common site for facility-acquired pressure ulcers in long-term care facilities and the second most common site for pressure ulcers overall.<sup>1</sup> Pressure ulcers frequently develop on other bony prominences as well, including the elbows.

According to clinical experts, the most effective pressure ulcer prevention for the heels is pressure relief, also known as off-loading.<sup>1,2</sup> Off-loading is achieved with the use of pillows or heel protection devices that relieve pressure by elevating the heel. Some of these devices also protect the skin from friction and shear, another risk factor for pressure ulcer development.

Medline offers an array of heel and elbow protection devices to fit your needs and budget. These devices are excellent to implement as part of the pressure ulcer prevention program at your facility. We encourage you to use evidence-based risk assessment tools to properly determine pressure ulcer risk for each of the individuals in your care and choose pressure relief and support devices accordingly.

<sup>1</sup>Fowler E, Scott-Williams S, McGuire JB. Practice recommendations for preventing heel pressure ulcers. *Ostomy Wound Management*. 2008;54(10):42-48.

<sup>2</sup>Langemo D, Thompson P, Hunter S, Hanson D, Anderson J. Heel pressure ulcers: stand guard. *Advances in Skin & Wound Care*. 2008;21(6):282-292.



# Education and Products for Pressure Ulcer Prevention

## Preventing pressure ulcers is no easy task.

In addition to off-loading devices, Medline offers a comprehensive Pressure Ulcer Prevention Program that includes staff and patient education resources.

## Our three-part Pressure Ulcer Prevention Program includes:

- Clinical education resources.
- A comprehensive compatible product line created to work alone or complement your existing program.
- Aggressive assessment tools and program management to keep you on track and measure your performance.

The Pressure Ulcer Prevention Program from Medline will help you in your efforts to reduce pressure ulcers in your facility.

*For more information contact your local Medline representative.*



# HEELMEDIX® Heel Protector

## Pressure relief and skin protection all in one

### Clinical benefits

- Completely off-loads the heel and helps redistribute pressure
- Open heel design allows for airflow and easy monitoring
- Inner lining helps reduce friction and shear on heels — **half the friction of the competitor\***
- Inner material is absorbent, keeping the skin dry
- Helps protect against foot drop

### Multiple strapping methods for custom fit, comfort, and results



#### Foot Drop Strapping

For enhanced foot drop protection.



#### Criss-Cross Strapping

Firmly isolates the foot while floating the heel.

**Pillow-like design**  
Provides comfort and protection

#### Unique straps

Multiple strapping options dependent upon the patient needs

#### Stabilizing wedges

Optional wedges can be used to help prevent medial & lateral rotation

#### Nylex® material

Wedge is covered in nylex material for easy cleaning



**Mesh laundry bag included**

Simplifies washing and sorting



**Color-coded tags**

For quick size identification



**Open heel design**

For pressure off-loading and easy clinical checks

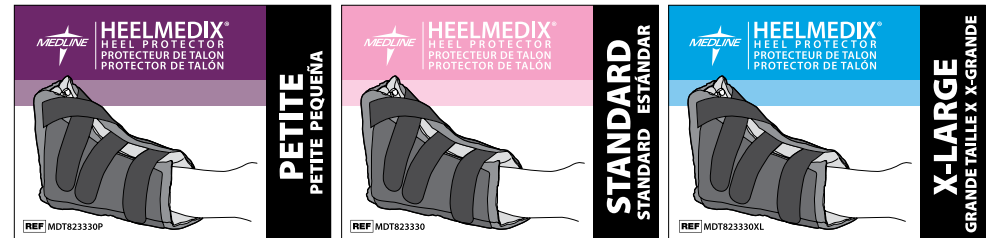


**Two openings on each side of boot**

Allows for multiple options for DVT devices

Available in three sizes to accommodate all patients

To fit HEELMEDIX properly, measure the circumference of the patient's calf at its largest point. Color-coded tags (shown below) help to quickly identify size.



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

**Ordering Information**

Item #	Description	Pkg
MDT823330P	HEELMEDIX Heel Protector, Petite	1/ea
MDT823330	HEELMEDIX Heel Protector, Standard	1/ea
MDT823330CS	HEELMEDIX Heel Protector, Standard	4/cs
MDT823330SW	HEELMEDIX Heel Protector, Standard w/ Wedge	1/ea
MDT823330XL	HEELMEDIX Heel Protector, X-Large w/ Wedge	1/ea
MDT823330W	HEELMEDIX Stabilizer Wedge	2/ea

# Heel Raiser Pro

Relieve Pressure on Vulnerable Heels



Top folds down



Open heel



- Completely off-loads the heel
- Treated with Ultra-Fresh® antimicrobial for protection against growth of odor causing bacteria\*
- Durable exterior glides across sheets, reducing friction and shear
- Breathable fabric helps control heat and moisture levels
- Easily wipes clean
- Machine washable, mesh laundry bag included
- One size fits most

Item #	Description	Qty
MDT823200CS	Heel Raiser Pro, Heel Protector	4/cs

\* Ultra-Fresh® is an EPA-registered antimicrobial. This product does not protect users or others from disease-causing bacteria.



Top folds down



Off-loaded heel



# Heel Raiser™

**Total Heel Suspension**

- Completely off-loads the heel
- Top folds down to accommodate smaller feet or compromised toes
- Anatomical strapping pattern reduces migration and foot drop
- Includes laundry bag for washing
- One size fits most

Item #	Description	Qty
MDT823296	One Size Fits Most, Universal	1 ea

## Zero-G

Soft and comfortable

Minimizes pressure and friction on the skin to protect against breakdown.

- Soft material protects fragile skin and vulnerable heels
- Floats heel over an open air cavity
- Removable gel-pack further lowers pressure beneath the ankle
- Fits left or right foot



Item #	Description	Qty
MDT823299S	Small	1 ea
MDT823299M	Medium	1 ea
MDT823299B	Bariatric	1 ea

## Convuluted Foam Boot

Helps reduce heat buildup

Comfortable foam material.

- Suspends the heel to help reduce pressure
- Ventilation holes help prevent heat buildup
- Constructed with hook-and-loop closure for easy adjustment
- Removable foam block included to increase heel suspension



Item #	Description	Qty
MDT823630	One Size Fits Most, Universal	2 ea
MDT823631	One Size Fits Most, Universal, Smooth Foam	2 ea

## Comfort Plus Foot Cushions

Soft and lightweight

These comfortable, lightweight boots help protect the skin, along with the heels.

- Designed to allow air circulation
- Made of a soft poly/cotton material with polyester fiberfill
- Machine washable



Item #	Description	Qty
NON0097	One Size Fits Most, Universal	1 pr

## Economy Heel Protector

Low cost protection

Washable protectors use hook-and-loop fasteners and offer a simple, effective design. Synthetic wool provides ventilation to heel areas.



Item #	Description	Qty
MDT823280	One Size Fits Most, Universal	1 pr
MDT829280C	One Size Fits Most, Universal	6 pr



## Non-slip Heel Protector

Maximum protection



Maximum protection against skin breakdown. Hook-and-loop fastener provides secure closure and good fit. Soft, synthetic wool for comfort. Washable.

Item #	Description	Qty
MDT823293	One Size Fits Most, Universal	1 pr

## Ventilated Heel Protector

Promotes air flow

Protects heel from contact with mattress. Bottom openings provide necessary ventilation. Well-designed closure holds protector firmly onto heel.

Item #	Description	Qty
MDT823290	One Size Fits Most, Universal	1 pr



## Boot Protector

Provides full coverage

Soft, synthetic fleece covers the foot, heel, ankle, and mid-calf. Hook-and-loop closures adjust to fit most sizes. Washable.

Item #	Description	Qty
MDT823294	One Size Fits Most, Universal	1 pr



### Knit Heel and Elbow Protector

Protection without bulk

Cushioned foam layer protects primary pressure points. Pull-over design for easy application. Washable.

Item #	Description	Qty
MDT823298	One Size Fits Most, Universal	1 pr
MDT829298	One Size Fits Most, Universal	6 pr



### Elbow Protector

Lightweight and comfortable

These comfortable, lightweight, fiber-filled pads protect against skin breakdown. Designed to allow air circulation and resist matting. Washable.

Item #	Description	Qty
VLM0098	One Size Fits Most, Universal	1 pr



### Elbow Protector

Soft and secure

Protects the delicate skin on the elbow without restricting movement. Made of synthetic lamb's wool with adjustable hook-and-loop closure strap. Washable.

Item #	Description	Qty
MDT823220	One Size Fits Most, Universal	1 pr



## Herbst Cradle™ Ankle Foot Orthoses

Designed for plantar flexion contractions

Eliminates pressure on the heel and malleoli.

- “Floats” the heel creating a soft, pressure-relieving cradle
- Easily adjustable with hook-and-loop closures
- Adjustable anti-rotation bar helps control hip and leg rotation

Item #	Description	Qty
ORT27711S	Small, Up to 9" (22.9 cm) Shoe Size: Women's up to 6, Men's up to 5	1 ea
ORT27711M	Medium, 9"-10 ½" (22.9-26.7 cm) Shoe Size: Women's 6-10 ½, Men's 5 - 9 ½	1 ea
ORT27711L	Large, 10 ½"-13" (26.7-33 cm) Shoe Size: Women's over 10 ½, Men's over 9 ½	1 ea

Size according to length of foot from back of heel to the tip of great toe as patient holds foot in flexed position.



## Theraboot AFO

Foot drop protection

Designed for foot and ankle flexion contractures, foot drop, internal/external hip rotations, and pressure relief. Comes with a convenient laundry bag to simplify washing.

- “Floats” the heel, helping to prevent heel irritation
- Rotation bar helps to control hip and leg rotation
- Adjustable toe post relieves pressure by avoiding contact with bed linens

Item #	Description	Qty
ORT27811R	Regular, Up to 14 ½" (36.8 cm)	1 ea
ORT27811U	Universal, 14 ½" - 18" (36.8 cm-45.7 cm)	1 ea
ORT27811XL	X-Large, 16 ½" - 18 ½" (41.9-47 cm)	1 ea

Size according to calf measurement. Measure circumference of calf 11" (27.94 cm) from bottom of heel.



### ProRest™ Positioning Pillows

Different sizes and fabrics to suit your needs

These therapeutic pillows redistribute pressure along the calf and completely off-load the heel. Available in three different types of fabric: vinyl, polyester/cotton and polypropylene. Unique design helps maintain shape and keeps the leg positioned properly.

**Fill:**  
All pillows use 100% polyester fill.

**Sizes:**  
Small 17" x 10" x 2.5" (43.18 x 25.4 x 6.35 cm)  
Medium 18" x 11" x 3.5" (45.72 x 27.94 x 8.89 cm)  
Full 24" x 18" x 4.5" (60.96 x 45.72 x 11.43 cm)

Item #	Description	Qty
<b>1. Vinyl - Wipeable</b>		
MDT823300S	Small	2 ea
MDT823300M	Medium	2 ea
MDT823300L	Large	2 ea
<b>2. Polypropylene - Disposable/Non Woven Fabric</b>		
MDT823320S	Small	2 ea
MDT823320M	Medium	2 ea
MDT823320L	Large	2 ea
<b>3. Poly/Cotton - Washable</b>		
MDT823310S	Small	2 ea
MDT823310M	Medium	2 ea
MDT823310L	Large	2 ea

### Heel-Suspend Pillow

Pressure redistribution pillow

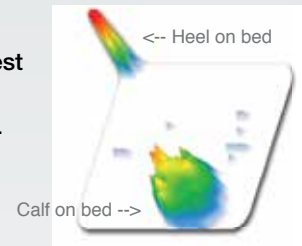
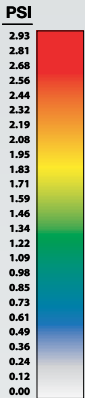
This unique polyfilled pillow helps to minimize pressure on the heels. It is covered in nylex for easy cleaning. This combination helps redistribute pressure of the patient's calf over the entire surface of the pillow, while comfortably lifting the heel off the bed surface. A padded strap, with hook-and-loop closure, holds the leg in place. Wipes clean with warm, soapy water.

Item #	Description	Qty
MDT219703ST	21" x 27" (53.3 x 68.6 cm)	2 ea

### Pressure mapping of: ProRest Positioning Pillows

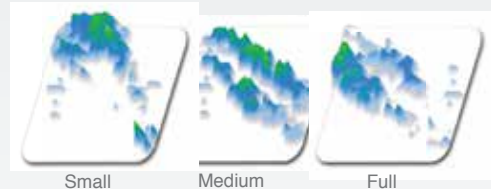
Pressure over a conventional bed surface was tested using color-coded mapping where the upper range (red) was set at 2.93 PSI (pounds per square inch).

Different size products were tested using the same test subject to provide accurate and comparable results. In all cases the pillow redistributed pressure points.



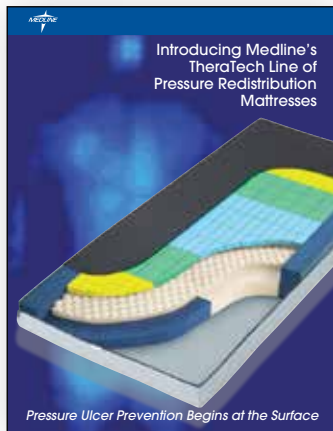
**Without ProRest**  
Significant heel pressure noted.

**With ProRest** Heel pressure is virtually eliminated with proper ProRest usage.



\* Results will vary by patient. Proper positioning, timing and protocol must always be observed.

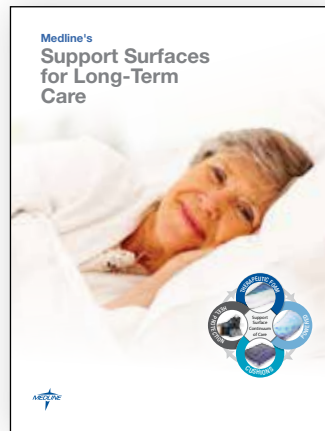
## Innovative products to help you meet your pressure ulcer prevention goals:



**Medline's TheraTech Pressure Redistribution Mattresses** — Therapeutic foam mattresses for High Risk through multiple stage II patients.



**Pressure Redistribution OR Table and Stretcher Pads** — Help ensure optimal pressure redistribution throughout a patient's surgical experience.



**Support Surfaces for Long-Term Care** — A complete line of therapeutic support surfaces - ranging from mattresses to cushions.

### Questions? Comments?

Call 1-800-MEDLINE, visit [medline.com](http://medline.com), or contact your Medline sales representative.



**Medline Industries, Inc.**

One Medline Place  
Mundelein, IL 60060

**Medline United States**  
**1-800-MEDLINE (633-5463)**

[www.medline.com](http://www.medline.com) | [info@medline.com](mailto:info@medline.com)

**Medline Canada**  
**1-800-396-6996**

[www.medline.ca](http://www.medline.ca) | [canada@medline.com](mailto:canada@medline.com)

**Medline México**  
**01-800-831-0898**

[www.medlinemexico.com](http://www.medlinemexico.com) | [mexico@medline.com](mailto:mexico@medline.com)

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