

Body Armor® Heel Reliever Heel Protector

Effective pressure relief in the heel area
for supine patients



Easy to put on



Positioning the foot
Place the heel behind the calf pad that is fixed to the inside – directly above the heel opening. The heel needs to “float” freely.



Closing
Thread the straps through the strap guide loops and close. The straps should be loose and not too tightly closed.



Checking the Heel Protector
Use the lower heel opening for visual control of correct heel suspension.



Checking fit and position
There should be sufficient space for your fingers between the heel and bed. We recommend 2 finger widths.

Customising the fit



Foot drop
Cut the extra foam pad in half and fix in a vertical position behind the sole of the foot.



Malleolar decubitus (ankle ulcer)
Remove the nubs or parts of the calf pad fixed to the inside from the contact points around the ankle.



Bariatric legs
For increased elevation use the extra pad.



Achilles tendon
In case of redness in the region of the Achilles tendon, cut a V shape out of the calf pad.

Preventing external hip rotation



Left leg

Connect strap guide loops of the positioning wedge and the Heel Protector on the right, thread the hook and loop straps through the strap loops and close. Fold the positioning wedge to the left.



Right Leg

Thread the hook and loop straps through the strap guide loops of the positioning wedge and close with the strap loops on the Heel Reliever. Fold the positioning wedge to the right.



Product video



Caution

Patients should not walk when wearing the product. The product should not be worn directly on the skin. The Body Armor® Heel Reliever should be removed and the heel area inspected regularly in accordance with local guidelines for pressure prevention, ensuring the foot remains in the correct position. The product is intended for single patient use.

Sizes (One-Size-Fits-All)

- > Universal size
- > Up to shoe size 13+
- > 25 – 54 cm calf circumference
- > Can be worn on the left or right foot

Foam variants

- Convolutd**
Ensures improved air circulation and a pleasant cooling effect.
- Smooth**
Specially for sensitive skin. Particularly suitable for diabetic patients.

Cleaning

Can be washed by hand or machine. Use water, standard detergent and disinfectant for this purpose. Machine wash at 60° C in the supplied laundry bag or in a pillowcase. Close the hook and loop straps when washing. Allow to dry at room temperature. Disinfect with an antiseptic spray after washing.

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