

## Prevention strategies for the vulnerable heel

Preventing heel pressure damage is a challenge; Invacare offer a wide range of devices specifically designed to protect the heel area

- ✓ Heel off loading
- ✓ Floating heels
- ✓ Support



- ✓ Comfort
- ✓ Reducing shear and friction forces

**“At least £1 in every £140 of NHS expenditure in England is spent on foot care for people with diabetes and most of that money is spent on treating foot ulcers.”**

[http://www.pharmatimes.com/news/\(2017\)](http://www.pharmatimes.com/news/(2017))

### Invacare® 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 Large size.  
**Contact us for a FREE sample**

**BEST NEW  
PRODUCT**  
2016 (BHTA  
awards)



### Invacare® 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.

Available in small, medium and large sizes.

### Invacare® Heelpad



Designed to **reduce pressure** on the heel, through the controlled volume of gel in the sacs, ensuring **pressure displacement and even weight distribution**.

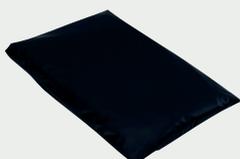
Available in Single & Double pads.

### Invacare® 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.

### Invacare® Flexipad



The Flexipad can be used to assist with **heel elevation or positioning** to reduce or remove pressure on the heel area. They are also useful for a range of applications to use on other parts of the body.

Available in double or single.

The heel is the second most common site for pressure ulcer development.

Healing times for heel ulcers are long, in many cases over a year.

Heels are the most common site for pressure ulcers categorised as “Suspected Deep Tissue Injuries” (EPUAP).

A thin layer of covering skin and the absence of subcutaneous fat, increases the risk and severity of injury from pressure and shear.

*“The best heel pressure reducing products reduce pressure, friction and shear; separate and protect the ankles; maintain heel suspension; and prevent footdrop. They should also be comfortable for the patient and easy for you to use.”*

Preventing heel pressure ulcers,  
Joyce Black RN, PhD, Nursing,  
Nov 2004