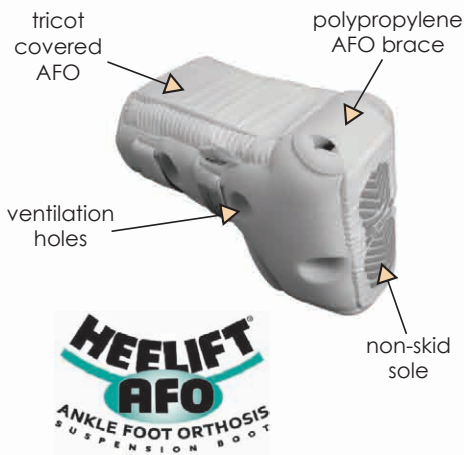


APPLICATION & FITTING GUIDE

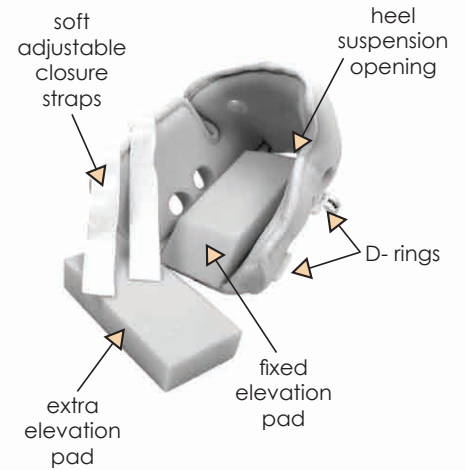
Heelift® Ankle Foot Orthosis Suspension Boots



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.



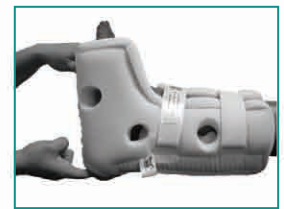
STEP 2: Place the foot inside the boot with the heel positioned above the heel suspension opening. The heel should hang over the bottom elevation pad.



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.