

## APPLICATION and CUSTOMIZATION

### EASY APPLICATION AND FIT



View all Heelift® training videos at:  
[www.heelift.com/videos.html](http://www.heelift.com/videos.html)



1

Place foot inside boot with the heel above the opening.





2

Thread straps through D-rings. Secure the straps.



3

Test the fit under all straps and heel opening.

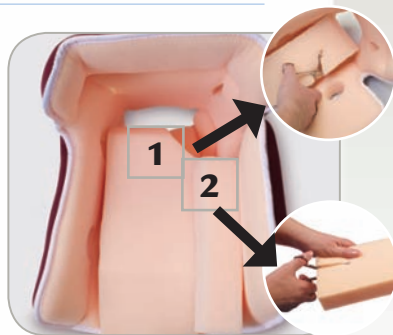
- Single-patient use
- Latex-free
- Choice of Interior:
  -  **Smooth**  
(edematous legs)
  -  **Convuluted**  
(slightly cooler)

Download an RCT proving the efficacy of Heelift® Boots at: [bit.ly/heelift](http://bit.ly/heelift)

### OPTIONAL CUSTOMIZATION



Small Leg Rotation



Malleolar Decubitus



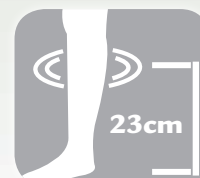
Hip Rotation



Achilles Tendon

### PROPER SIZING

**Calf Circumference**  
 9 in (23 cm) from floor



Heelift **PETITE**: 6 - 10 in (15 - 25 cm)  
 Heelift **STANDARD**: 10 - 15 in (25 - 38 cm)  
 Heelift **BARIATRIC**: 15 - 23 in (38 - 58 cm)

### CARE INSTRUCTIONS

**HAND WASH:** use a mild cleanser and warm water.

**MACHINE WASH/DRY:** secure straps and place boot in a net laundry bag or pillowcase.  
**DO NOT BLEACH.**

**SANITIZE:** use an antiseptic spray.

**STERILIZE:** use standard protocols with a steam autoclave. Allow a few hours to cool and dry.

