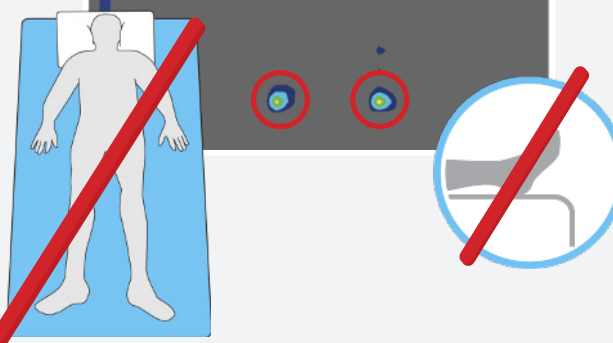
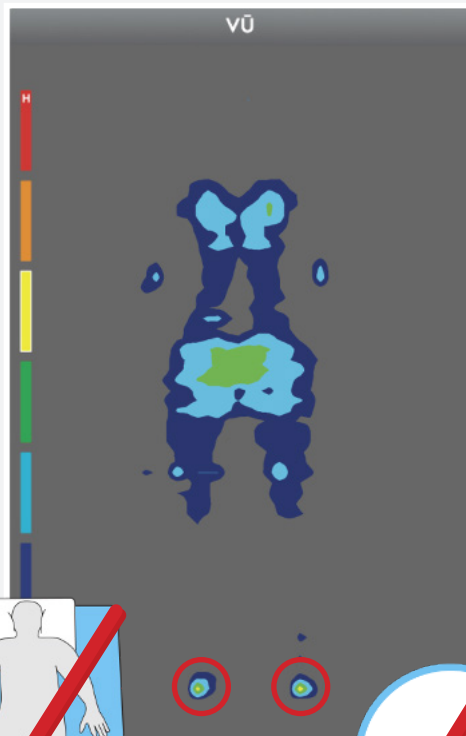


OFFLOADING HEELS EFFECTIVELY IN ADULTS TO PREVENT PRESSURE INJURIES

BEFORE

TYPICAL POSITIONING



INTERVENTIONS

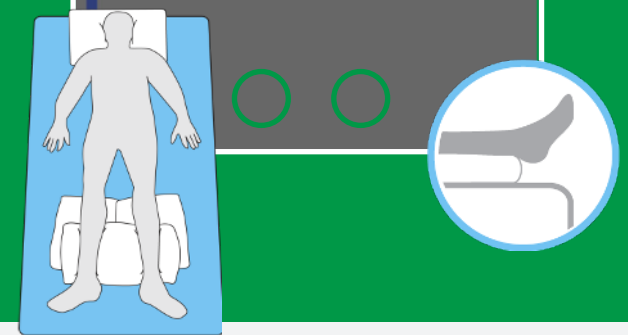
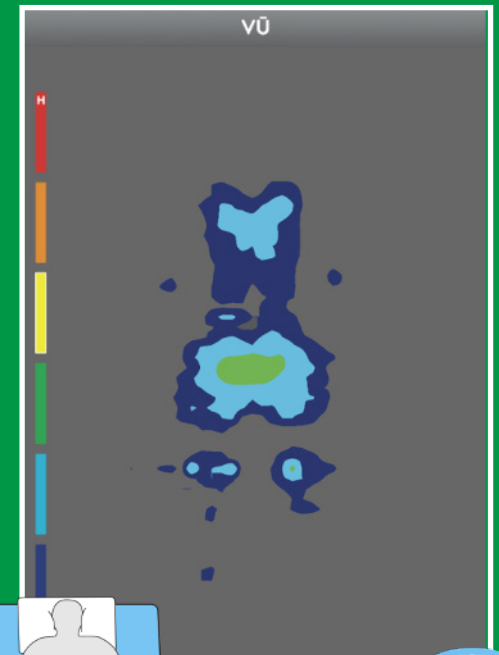
Place a pillow vertically under each lower leg **between the knees and ankles** so that the heels are offloaded in such a way as to distribute the weight of the leg along the calf without pressure to the popliteal space or Achilles tendon.*

Place pillow horizontally on top of vertical pillows.

Heel suspension devices can be used instead of a pillow to offload the heels. Follow the manufacturer guidelines and consider the Implementation Considerations in the Guideline* when using these devices.

AFTER

CBPM¹ - GUIDED POSITIONING
HEEL PRESSURE REDUCED WITH FLOATING



*European Pressure Ulcer Advisory Panel, National Pressure Injury Advisory Panel, & Pan Pacific Pressure Injury Alliance. (2019). Heel Pressure Injuries. In E. Haesler (Ed.), Prevention and Treatment of Pressure Ulcers/Pressure Injuries: Clinical Practice Guideline: The International Guideline 2019 (pp. 145–154). European Pressure Ulcer Advisory Panel, National Pressure Injury Advisory Panel and Pan Pacific Pressure Injury Alliance.

¹Continuous bedside pressure mapping Images courtesy of Wellsense/VU