**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


¹Continuous bedside pressure mapping images courtesy of Wellsense/VU