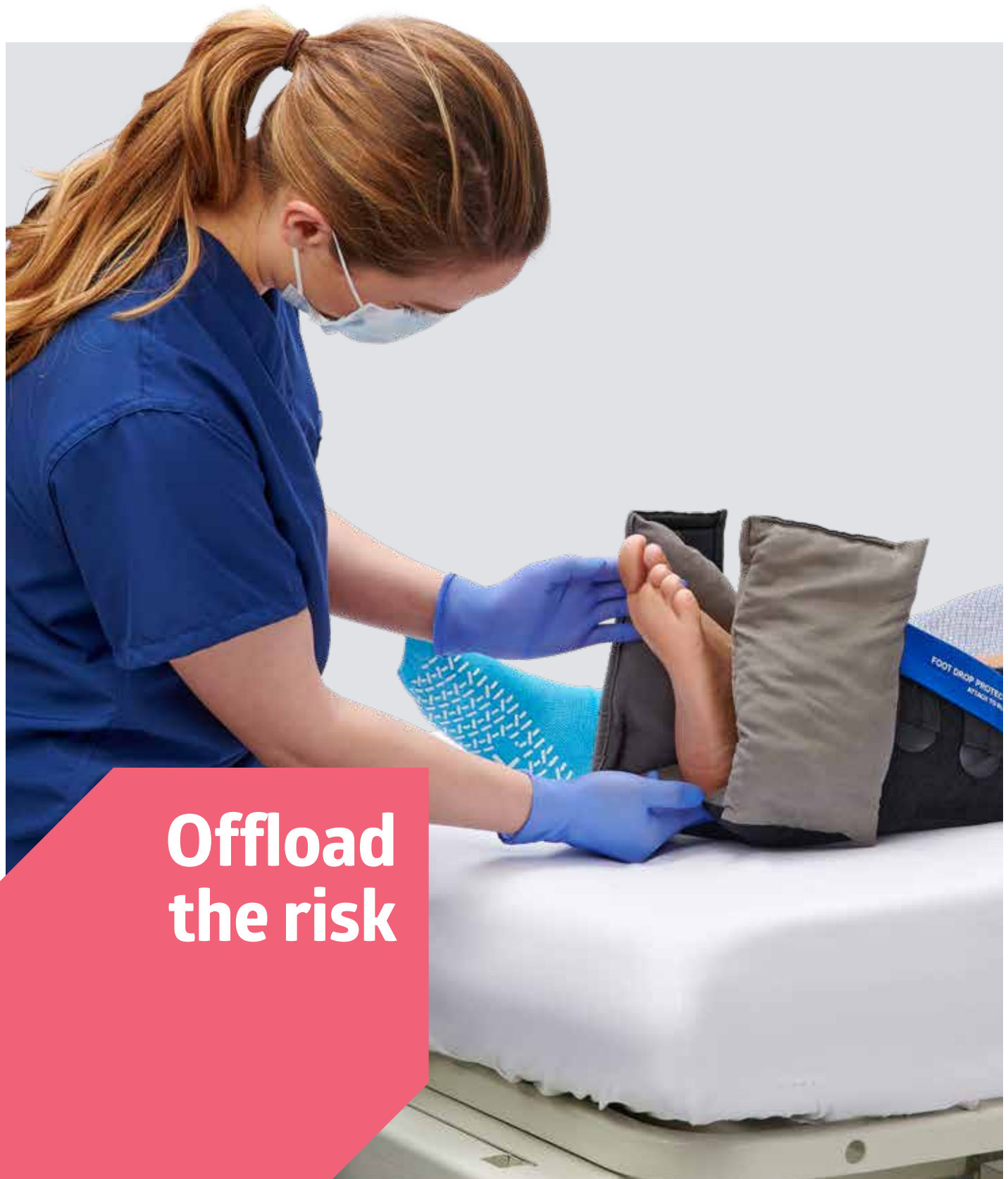


Heel Protection

For the prevention and care of pressure injuries.



**Skin
Health**



**Offload
the risk**

Why heel protection matters

Heels are among the most common site for facility-acquired pressure injuries in long-term care facilities and the second most common site for pressure injuries overall.¹ They're commonly associated with severe pain, risk of infection and lengthy hospital stays. The Centers for Medicare and Medicaid Services (CMS) will not reimburse hospitals for Stage III or IV pressure injuries that are not present on admission.¹

Pressure injuries by the numbers

**\$9-11
billion**

Cost to treat pressure injuries annually in the U.S.²

**2.5
million**

Number of people in the U.S. affected by pressure injuries each year²

60,000

Number of patients who die as a direct result of pressure injuries each year²

\$21,000–\$151,000

Cost of individual patient care per pressure injury²

33%

Percentage of all pressure injuries that develop on the heel³

Medline is your single source for heel protection devices

According to clinical experts, the most effective pressure injury prevention for the heels is pressure relief known as offloading⁴—elevating the heel by heel protection devices. Medline offers a broad array of devices to fit your needs and budget. These products are a vital component of a pressure injury prevention program at your facility.

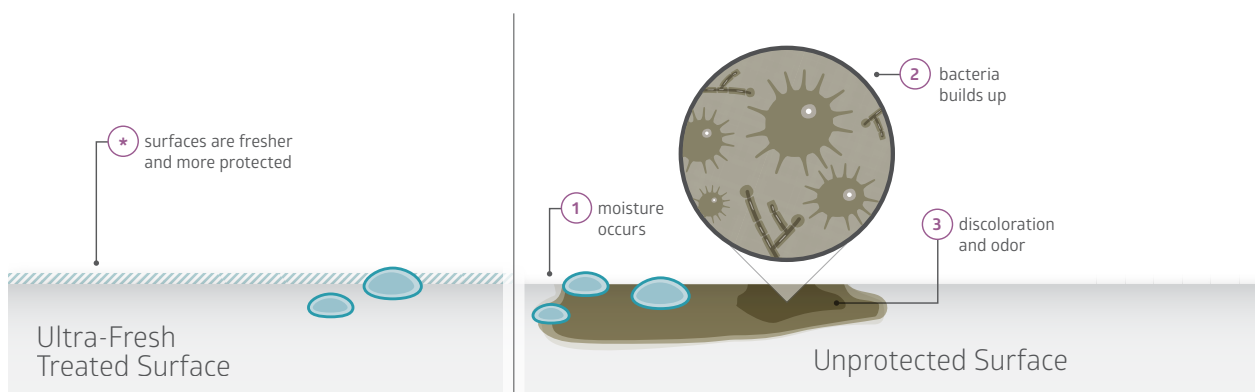
Control odor-causing bacteria with HeelMedix®



Our HeelMedix FootCheck and HeelMedix Advanced heel protection devices carry the Ultra-Fresh® name, which means you can be assured these products are treated with antimicrobial agents to help inhibit the growth of odor causing bacteria within the heel device.* These antimicrobial properties are built-in to protect the product. This product does not protect users or others against bacteria, viruses, germs or other disease organisms.

- Ultra-Fresh helps inhibit the growth of bacteria and fungi responsible for creating unpleasant smells and staining
- Ultra-Fresh helps control odor-causing bacteria on the fabric to help keep devices fresh, hygienic, and odor free

How Ultra-Fresh keeps heel devices fresh and protected



Visit ultra-fresh.com for more information.

HeelMedix® FootCheck®

Our clinician-designed HeelMedix FootCheck Heel Protector maintains premium offloading performance while offering unmatched features, including an open-and-close panel for easy observation and additional airflow to aid in patient cooling.

Fasteners help hold the panel flaps in place when opened

Color-coded blue and green straps pull down on sides to help protect against foot drop

Screen printing of "Toes" and "Heel" eliminates confusion to ensure the boot is applied properly

Spandex straps

Screen printed instructions on the straps

FOOT DROP PROTECTION
ATTACH TO BLUE →

Optional wedge can be used to help prevent medial and lateral rotation

Patented color-coded side hole design minimizes chance of DVT tubing touching patient's skin

FootCheck panel opens to allow clinicians to view entire foot for skin checks and provides intermittent cooling of foot for increased patient comfort



Benefits

- Helps prevent pressure injuries by completely offloading the heel
- Open-and-close panel makes it easy for observation and additional airflow
- Treated with Ultra-Fresh® antimicrobial treatment to help inhibit odor-causing bacteria
 - This product has antimicrobial properties built in to protect the product. This product does not protect users or others against bacteria, viruses, germs or other disease organisms.
- Strategically designed heel taper ensures proper offloading

Ordering information

Item No.	Description	Pkg.
MDT824440P	Petite, 5–11" (12.7–27.9 cm)	1/ea
MDT824440	Standard, 11–19" (27.9–48.2 cm)	1/ea
MDT824440CS	Standard, 11–19" (27.9–48.2 cm)	4/cs
MDT824440SW	Standard w/ Wedge, 11–19" (27.9–48.2 cm)	1/ea
MDT824440XL	X-Large w/ Wedge, 19–25" (48.2–63.5 cm)	1/ea
MDT823330W	Stabilizing Wedge	1/pr
MDT823331W	Stabilizer Wedge	1/ea

Patient Education

Every HeelMedix Heel Protector product includes a patient and family education card to explain the benefits of an offloading boot.

Available in three sizes to accommodate all patients.

The image shows three boxes of HeelMedix FootCheck heel protectors. Each box is color-coded and includes a ruler for size determination. Below the boxes are three horizontal lines representing the calf circumference ranges for each size.

PETITE	STANDARD	X-LARGE
5–11 inches	11–19 inches	19–25 inches
calf circumference (12.7–27.9 cm)	calf circumference (27.9–48.2 cm)	calf circumference (48.2–63.5 cm)

Use the included ruler to determine correct size. Available in three sizes to accommodate all patients.



To fit HeelMedix FootCheck properly, use the included ruler to measure the circumference of the patients calf at its largest point. Color-coded tags help to quickly identify size.

HeelMedix® FootCheck® Study⁴

FootCheck heel protector outperforms the competition when evaluating the ability to redistribute compressive force.

Executive Summary

Heel boots are designed to completely offload the heel and redistribute the weight of the leg along the calf. However, different heel boots are made of different materials (e.g., fiber, gel, air chamber) that may affect their ability to resist immersion.

The Medline HeelMedix FootCheck heel boot is internally constructed with polyester fiber while the Mölnlycke® Z-Flex™ heel boot utilizes a fluidized material and a single low-pressure air chamber.

Test Method

The HeelMedix FootCheck (n=15) and Mölnlycke Z-Flex (n=15) underwent compressive load testing to evaluate and compare the ability of each heel boot to redistribute compressive force.

Results

The compression test results are outlined in **Table 1**. The average load displacement slope of the HeelMedix FootCheck (1.00 ± 0.05 N/mm) was statistically lower ($p < 0.5$) than that of the Mölnlycke Z-Flex (2.81 ± 0.60 N/mm), indicating better redistributing performance for the HeelMedix FootCheck.

Table 1: Summary of Compression Test Results

Product	HeelMedix FootCheck	Mölnlycke Z-Flex
Load/Displacement Slope (N/mm)[†]	1.00 ± 0.05	2.81 ± 0.60
P-value	N/A	6.88063E-09
Statistical Significance	N/A	Statistically greater than the Heelmedix FootCheck

[†]Note: Lower load/displacement slopes indicate better offloading performance.

Conclusion

The HeelMedix FootCheck performed over 280% better than the Mölnlycke Z-Flex at redistributing compressive force. The HeelMedix FootCheck shows superior resistance to compression, and thus is a superior heel offloading solution.

HeelMedix[®] Advanced

HeelMedix Advanced, designed with the help of clinicians, offers supreme offloading and foot drop protection as a vital part of your pressure injury prevention program.



Patient Education

Every HeelMedix Heel Protector product includes a patient and family education card to explain the benefits of an offloading boot.



APPROVED

Medline's HeelMedix Advanced boot has been granted the Seal of Approval by the American Podiatric Medical Association (APMA).

The products granted this seal are of significant value when used in a consistently applied program of daily foot care and regular professional treatment (such as the prevention of pressure injuries). To be granted this seal is an indication of the clinical benefits that the HeelMedix Advanced offers patients today.

Benefits

- Helps prevent pressure injuries by completely offloading the heel
- Treated with Ultra-Fresh® antimicrobial treatment to help inhibit odor-causing bacteria
 - This product has antimicrobial properties built in to protect the product. This product does not protect users or others against bacteria, viruses, germs or other disease organisms.
- Color-coded blue and green straps pull down on the sides to help protect against foot drop
- Inner lining helps reduce friction and shear; half the friction of the competitor*
- Includes mesh laundry bag to simplify washing and sorting

Ordering information

Item No.	Description	Pkg.
MDT823330P	Petite, 5–11" (12.7–27.9 cm)	1/ea
MDT823330SW	Standard w/ Wedge, 11–19" (27.9–48.2 cm)	1/ea
MDT823330	Standard, 11–19" (27.9–48.2 cm)	1/ea
MDT823330CS	Standard, 11–19" (27.9–48.2 cm)	4/cs
MDT823330XL	X-Large w/ Wedge, 19–25" (48.2–63.5 cm)	1/ea
MDT823330W	Stabilizer Wedge	1/pr
MDT823331W	Stabilizer Wedge	1/ea

*Data on file.

HeelMedix Advanced features an intuitive design:

- Educational packaging
- Color-coded strap system to ensure proper placement
- Instructional screen printing
- Color-coded DVT tubing ports for easy facility standardization

Available in three sizes to accommodate all patients.



PETITE	STANDARD	X-LARGE
5–11 inches	11–19 inches	19–25 inches
calf circumference (12.7–27.9 cm)	calf circumference (27.9–48.2 cm)	calf circumference (48.2–63.5 cm)

Use the included ruler to determine correct size. Available in three sizes to accommodate all patients.



To fit HeelMedix Advanced properly, use the included ruler to measure the circumference of the patients calf at its largest point. Color-coded tags help to quickly identify size.

HeelMedix® Advanced Studies

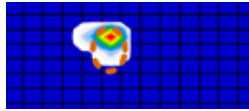
Testing shows HeelMedix Advanced offers exceptional heel offloading.

STUDY 1: Heel Offloading⁴

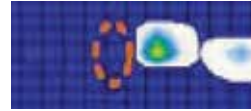
Using a pressure-sensing mat, 19 patients in a long-term care facility were tested for heel pressure on a mattress, in a HeelMedix device, and in the competitor's device. HeelMedix completely offloaded the vulnerable heel area as the pressure mapping shows (right).



Red dotted line indicates heel



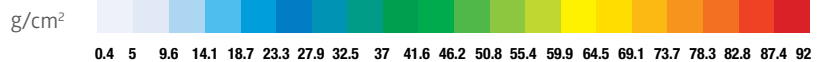
Average pressure on contact area **115.23**
Mattress had the highest heel pressure.



Average pressure on contact area **41.71w**
Competitor's average pressure on contact area.



Average pressure on contact area **29.82**
HeelMedix completely offloaded the vulnerable heel area.



STUDY 2: Plantar Flexion⁴

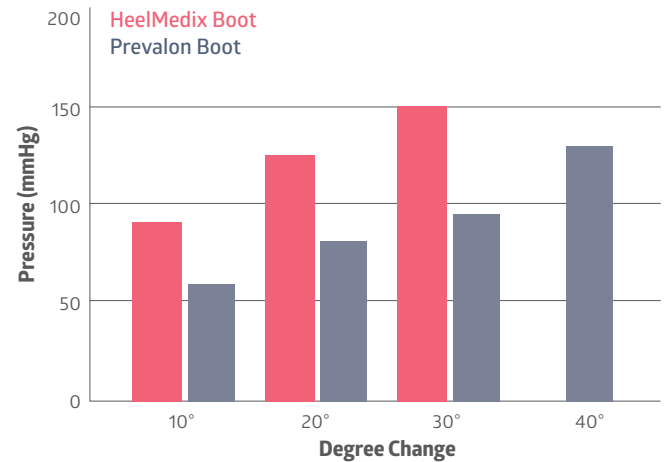
Prolonged plantar flexion—a toe-down motion of the foot at the ankle—can contribute to foot drop. Foot drop is a condition of uncontrolled plantar flexion that can develop in non-ambulatory patients.

Results and conclusions

HeelMedix Advanced demonstrated a 24.5% greater resistance to plantar flexion and twice the supportive strength of the competitor.

The strapping design on **HeelMedix Advanced was able to prevent a foot drop beyond 40 degrees under all force conditions**, while heel offloading on the competitor's boot was not able to stop this severe foot drop angle.

Maximum Pressure Exerted over Angle



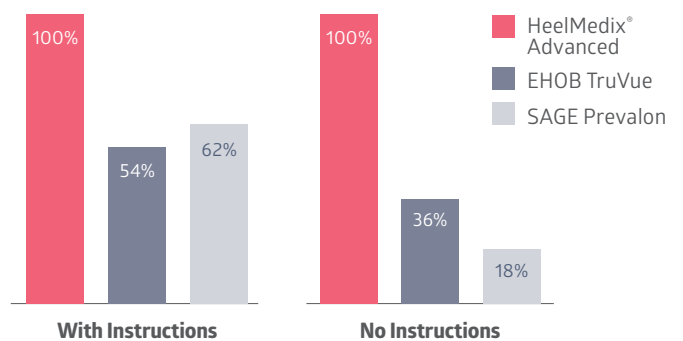
STUDY 3: HeelMedix Advanced Clinical Evaluation⁴

A clinical study was conducted to evaluate the effect of HeelMedix® Advanced with intuitive design features on proper device application.

Results and conclusions

HeelMedix® Advanced was superior to other leading brands in all three outcome measures. **HeelMedix® Advanced was applied correctly 100% of the time**; furthermore, it was applied faster than other devices and was generally preferred by users.

Rate of Correct Application by Device



✓ **HeelMedix® Advanced** applied correctly



✗ **TruVue** applied incorrectly



✗ **Prevalon** applied incorrectly



HeelMedix[®] Pro

By completely offloading the heel, Medline's HeelMedix Pro delivers effective pressure relief to help prevent skin breakdown.

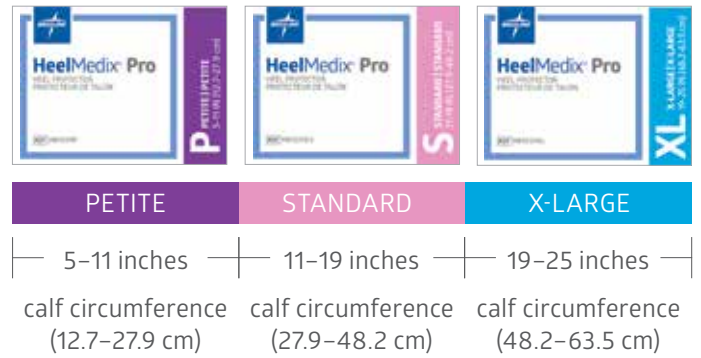
Benefits

- Helps prevent pressure injuries by completely offloading the heel
- Promotes air circulation and easy monitoring by openly floating the heel
- Inner lining helps reduce friction and shear

Ordering information

Item No.	Description	Pkg.
MDT2375P	Petite, 5–11" (12.7–27.9 cm)	4/cs
MDT2375CS	Standard, 11–19" (27.9–48.2 cm)	4/cs
MDT2375SWCS	Standard w/ Wedge, 11–19" (27.9–48.2 cm)	4/cs
MDT2375XL	X-Large, 19–25" (48.2–63.5 cm)	4/cs

Available in three sizes to accommodate all patients.



HeelMedix[®] Basic

Effectively offloads heels.

Benefits

- Completely offloads the heel
- Versatile strapping pattern offers best fit for the patient

Ordering information

Item No.	Description	Pkg.
MDT6300CS	HeelMedix Basic Heel Protector	4/cs



Versatile strapping pattern for optimal fit

Opening for DVT tubing on each side of the boot



Skin Health Solution

Standardize care to prevent skin breakdown.

We make it easier for staff to do the right thing

Practicing proper skin and wound care can be overlooked by frontline staff. We believe it takes a 360-degree view to drive positive change and improve outcomes. Partnering with our clinical experts, we created Medline's Skin Health Solution – a comprehensive approach that empowers clinicians to put prevention first.

We solve staff challenges with 3 synergistic components.

We focus on people, process and products to help you standardize care and improve outcomes. This is how we make skin health second nature.



Best Practice Guidance

Customized recommendations based on insights and analysis to help reduce variation.



Education and Training

Resources that fit every learning style to help staff work more consistently and effectively.



System of Products

Intuitively designed products, paired with utilization recommendations, to support best practices.

Make skin health second nature.
Contact your Medline Representative to learn more today.

Reference: 1. Arthur Stone, DPM, Preventing Pressure Injuries in Nursing Home Residents Using a Low-Profile Alternating Pressure Overlay: A Point-of-Care Trial, *Advances in Skin & Wound Care*, 33(10):p 533-539, October 2020. https://journals.lww.com/aswcjournal/fulltext/2020/10000/preventing_pressure_injuries_in_nursing_home.5.aspx, accessed Feb 20, 2023. **2.** AHRQ website. <https://www.ahrq.gov/patient-safety/settings/hospital/resource/pressureulcer/tool/pu1.html>, accessed Feb 20, 2023. **3.** Swezey, Laurie, RN, BSN, CWOCN, FACCWS, Preventing Heel Pressure Ulcers: Simple Methods and Identifying Risk Factors, *Wound Source*, May 5, 2011. <https://www.woundsource.com/blog/preventing-heel-pressure-ulcers-simple-methods-and-identifying-risk-factors>, accessed Feb 20, 2023. **4.** Data on file.



**We make
healthcare
run better™**

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