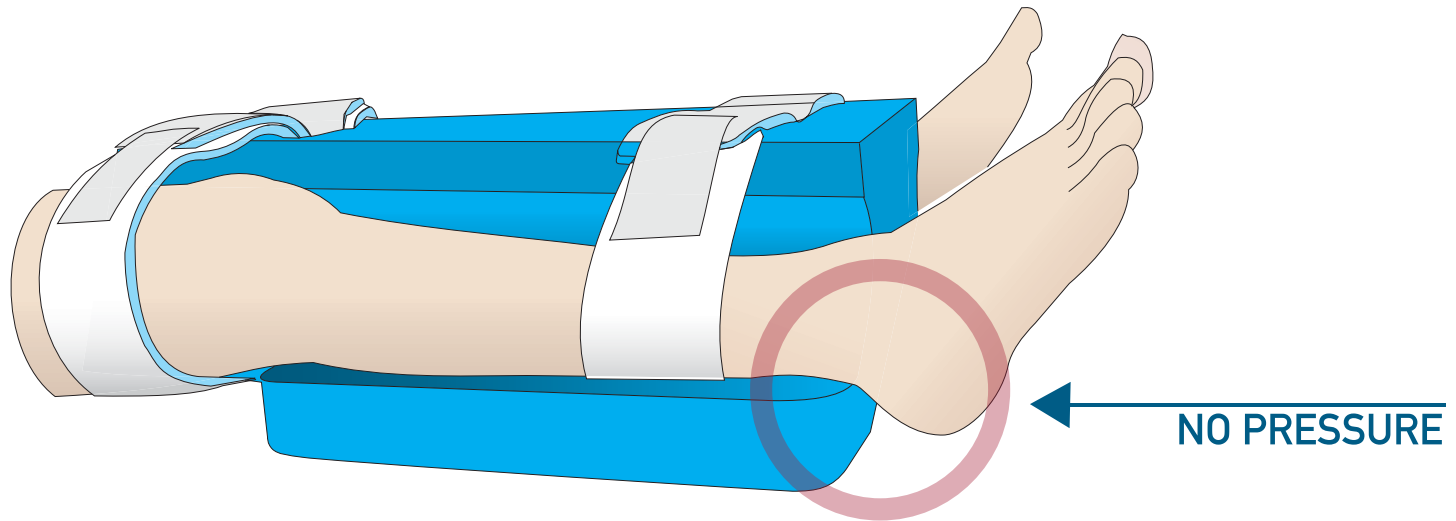


## The Only Pressure Relief Abductor

### Instructions

1. Apply HEEL-A-HIP, as standard abduction pillow between the knees.
2. Allow the heels to suspend over the edge of foam calf supports.
3. Apply straps snugly, allowing 2 finger spaces between skin & straps.
4. Inspect skin in contact with device (foam, straps or SCD tubing) every 4 hours.
5. Encourage ankle pumps to exercise the calf muscle.



Don't pull the straps too tight.

Don't turn the patient on their unaffected side unless both legs are strapped in place.

Don't release either strap when the patient is supine, if the patient has a history of hip dislocation.