

WHY should I use my TruVue[®] Boot?

Heels are at high risk for pressure injuries¹

Pressure injuries (bed sores) can develop when pressure is put on bony areas for long periods of time. This can occur in bed when your heels rub on the sheets.

- 2.5 million patients develop pressure injuries each year²
- 30% of pressure injuries occur on the heel³
- 2 hours is the potential length of time pressure injuries can develop⁴



The TruVue Boot Protects You

The TruVue boot helps reduce your risk of pressure injuries and helps improve comfort when lying in bed. **This boot is not intended to be used when walking.**

- Lifts your heel off the bed
- Soft inner fabric helps wick away moisture and drainage
- Unique open foot gate helps keep you comfortable with consistent airflow



Continue Your Care With EHOB[™]

Find the TruVue boot and other trusted pressure injury prevention products at: <https://shop.ehob.com/>

How To Use Your TruVue® Boot

Heel Protector



Step 1: Prepare

Lie the boot flat. Place the heel in the opening, toes pointed up.



Step 2: Build

Match both velcro sides to build around the foot and ankle.



Step 3: Secure

Secure the black stretch straps across the leg and foot for a comfortable fit. Do not criss cross the black stretch straps.



Step 4: Check

Place hand under heel opening to ensure the heel is not touching the bed.



Scan the QR code to view an instructional video or go to: <https://www.ehob.com/products/truview-heel-protector/>

If Applicable:



Attach Anti-Rotation Wedge to either side of the boot to help protect hip and leg rotation.



Multiple tubing ports allow for compression devices to be used. Place the tubing through one of the side ports or through the shin strap port. Be sure the tubing is not touching the patient's skin.



If soiled, wipe down with cleansing wipes or machine wash at home. Do not machine dry.

1.) Fowler, Evonne, et al. "Practice Recommendations for Preventing Heel Pressure Ulcers." Wound Management & Prevention, Oct. 2008, www.o-wm.com/content/practice-recommendations-preventing-heel-pressure-ulcers 2.) "Preventing Pressure Ulcers in Hospitals." AHRQ, U.S. HHS: Agency for Healthcare Research and Quality, 2 Oct. 2014, www.ahrq.gov/professionals/systems/hospital/pressureulcer toolkit/index.html 3.) Amlung SR, Miller WI, Bosley LM. The 1999 National Pressure Ulcer Prevalence Survey: a benchmarking approach. Adv Skin Wound Care. 2001;14:297-301 4.) Kosiak M, Kubicek WG, Olson M, et al. Evaluation of pressure as a factor in the production of ischial ulcers. Arch Phys Med Rehabil. 1958;39:623-29 5.) Internal data on file