




Skin and Wound Product Information Sheet

Posey Heel/Elbow Protector	
Classification	Friction/Shear Prevention Device
Key Points	<ul style="list-style-type: none"> • Comfortable sock-like covering made of flexible stretch yarn (acrylic/nylon/spandex) with a contoured gel insert to help protect heel or elbow for friction/shear forces • Non-compression, expandable knit weave helps promote air circulation
Indications	<ul style="list-style-type: none"> • Client needing protection against friction and shear forces on heels and/or elbows
Precautions	<ul style="list-style-type: none"> • Inspect device before use; check for broken stitches; or torn, cut or frayed material. • Remove protector at least once a shift to do a skin assessment of the limb and/or foot
Contraindications	<ul style="list-style-type: none"> • Do not use soiled or damaged products • Do not allow client to stand, transfer or walk while wearing the protector over the heel
Formats & Sizes	<ul style="list-style-type: none"> • Device can be used for either heel or elbow and has a 30% stretch <ul style="list-style-type: none"> ○ SM up to 22cm (8.5") ○ MED 23-28cm (9-11") ○ LG 29-34cm (12-13.5") ○ X-LG 35-41 (14-16")
	
Application Directions	Rationale
Ensure that the skin area to be covered by the protector is free of any open wounds or pressure ulcers.	This is a prevention device only.
Select the appropriate size for the patient's heel or elbow.	
Slip the protector over the foot or arm and position the internal contoured gel pad over the heel or elbow to be cushioned.	
The protector should fit snugly on the limb. If it appears to be too tight or loose, choose the next most appropriate size to ensure patient comfort.	
Daily Care	
Once a shift remove the protector to do a skin assessment (signs of skin irritation or pressure points) and check range of motion. Wash and moisture the limb and/or daily.	If skin irritation is present or reddened areas do not blanch or there is a new finding of decreased range of motion, do not reapply the device; use a temporary method of protecting the heel/elbow and consult OT/PT or Wound Clinician.
Cleansing of Device	
Device can be machine washable at 71°C for 25 minutes; can be bleached if needed, dry on low temperature. While protector is being laundered, ensure that another mechanism is in place for protecting the heel.	
Expected Outcome	
No skin breakdown from friction and shear.	
For further information, please contact your Occupational Therapist, Physiotherapist or Wound Clinician.	