

# HEEL TEST

## Assess Heel Pressure Injury Risk

**If your patient cannot lift their heels off of the bed, they need protection!**



### HEEL BOOTS

- 1. Place fingers through the heel opening to ensure that the heel is properly suspended.**
- 2. Criss-cross the straps to prevent foot-drop.**

**DO NOT USE  
PILLOWS TO  
SUPPORT HEELS**

