



Wedge Heel Shoe

Fitting Guidelines & Care Instructions



Single Patient Use



Not Fire
Retardant

UK
CA



Features

- Black nylon mesh upper
- Elevated forefoot to remove pressure
- Moulded thermoplastic rubber sole
- Secure hook and loop fastening
- Open toe and closed heel design
- Heel retaining strap to reduce shear

Indications

- Neuropathic Foot Ulcerations
- Post Surgical weight relief

Additional Information

- Material Content: Upper - Mesh 100% Polyester, Foam 100% PU, Tricot 100% Polyester; Insole - 100% Polyethylene; Outsole - 100% TPR
- LATEX FREE

Size Table

Size	Sole Length		Code
	Inches	CM	
X Small	9	23	WHS-XS
Small	9½	25	WHS-S
Medium	10¾	27	WHS-M
Large	11½	29	WHS-L
X Large	12¾	31	WHS-XL

Fitting Instructions

1. Unfasten the wide straps at the front of the shoe
2. Next unfasten the long ankle strap taking care not to pull it completely through the plastic loop.
3. Place your foot through the ankle strap and into the shoe
4. Ensure your heel is positioned firmly to the back of the shoe then tighten the ankle strap around your ankle
5. Firmly fasten the wide straps at the front of the shoe over your foot.

Walking Guidelines

- It is important not to allow any pressure on the front part of your foot.
- Step out with the affected foot first, putting pressure on the heel so that the foot does not roll forwards on to the toe area.
- Then bring the other foot to the same level (not beyond) and repeat.
- Taking your other foot further than your affected foot would allow rolling forwards on to the toe area creating pressure which should be avoided.

Handling Stairs

- When going upstairs, keep a firm grasp of the hand rail and step up with the affected foot first.
- Keep your weight on the heel area and do not allow the foot to roll forward on the toe area.
- Then lift your other foot up onto the same step (and not above), and repeat as you go upstairs.
- In the same way, when coming downstairs, always lead with the affected foot, keeping your weight over the heel area and always keep a firm grasp of the hand rail.

Care and Maintenance

- Wash periodically by hand with a damp cloth and mild soap
- Use a towel to absorb most of the dampness and then allow to dry at room temperature.
- Do not hang up, or iron and do not expose to direct heat sources such as stoves, heaters, radiators, direct sunlight etc
- Do not expose to alcohol, ointments or solvents.

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