## Lower Extremity Guidelines

<table>
<thead>
<tr>
<th>Protection</th>
<th>Level of Effectiveness</th>
<th>Maintain Skeletal Stability</th>
<th>Prevent Calf Distortion</th>
<th>Ambulates</th>
</tr>
</thead>
<tbody>
<tr>
<td>Foot WAFFLE® Air Cushion</td>
<td>5</td>
<td>3</td>
<td>5</td>
<td>No Ambulation</td>
</tr>
<tr>
<td>WAFFLE® Heel Elevator</td>
<td>5</td>
<td>3</td>
<td>3</td>
<td>No Ambulation</td>
</tr>
<tr>
<td>FootHold®</td>
<td>5</td>
<td>4</td>
<td>3</td>
<td>5</td>
</tr>
<tr>
<td>FootHold® with Splint</td>
<td>5</td>
<td>5</td>
<td>3</td>
<td>5</td>
</tr>
</tbody>
</table>

## Ordering

### Foot WAFFLE® (Case Qty. 4)

- **Product Code**: 303FW
- **Calf Circumference**: 10" - 11.5"
- **Warranty**: 90 Day

- **Product Code**: 304FW
- **Calf Circumference**: 12" - 14"
- **Warranty**: 90 Day

- **Product Code**: 305FW
- **Calf Circumference**: 14.5" - 18"
- **Warranty**: 90 Day

### FootHold® (Case Qty. 4)

<table>
<thead>
<tr>
<th>FootHold® with Secure Stick® Sole</th>
<th>FootHold®</th>
<th>FootHold® Plus</th>
<th>Warranty</th>
</tr>
</thead>
<tbody>
<tr>
<td>Small FH10-SMSS FFH10-SMXX FFH20-SMXX</td>
<td>30 Day</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Medium FH10-MDSS FFH10-MDXX FFH20-MDXX</td>
<td>30 Day</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Large FH10-LGSS FFH10-LGXX FFH20-LGXX</td>
<td>30 Day</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Extra Large FH10-XLSS FFH10-XLXX FFH20-XLXX</td>
<td>30 Day</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### FootHold® Sizing Chart

<table>
<thead>
<tr>
<th>Size</th>
<th>Small</th>
<th>Medium</th>
<th>Large</th>
<th>Extra Large</th>
<th>Extended Plus</th>
</tr>
</thead>
<tbody>
<tr>
<td>Men’s Shoe Size</td>
<td>5 - 6</td>
<td>7 - 8</td>
<td>9 - 10</td>
<td>11 - 12</td>
<td>13 - 14</td>
</tr>
<tr>
<td>Women’s Shoe Size</td>
<td>6 - 7</td>
<td>8 - 9</td>
<td>10 - 11</td>
<td>12 - 13</td>
<td>14 - 15</td>
</tr>
<tr>
<td>Maximum Foot Length</td>
<td>9 inches</td>
<td>10 inches</td>
<td>11 inches</td>
<td>12 inches</td>
<td>13 inches</td>
</tr>
</tbody>
</table>

A full list of FootHold® Products can be found in EHOB’s product catalog or on line: www.ehob.com.

Products may be hand washed or spot cleaned and air dried. Single patient use.

All Products are Latex Free.

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Velcro is a registered trademark for fasteners of the Velcro Companies.
Foot WAFFLE®

**Easy-to-Adjust Velcro® Straps**
Hook and loop closures provide quick application and adjustment.

**PRN Strap**
Strap can be open, as shown, or closed depending on the patient’s needs.

**Soft Cloth Lining**
Keeps the patient cool.

**Foot Cradle**
Cone shape prevents constriction along the sides while bringing the foot to a neutral position to aid in the prevention of foot drop.

**Heel Flap**
When open, this flap helps limit foot rotation while ensuring proper suspension of the heel above the resting surface. It can be easily closed to help prevent self-inflicted injuries.

**Two Air Chambers**
Two chambers of air support cradle the calf and increasing circulation.

**Foot Cradle**
Cradles the Calf to promote circulation.

**Heel Area**
Floats and lifts the calf and Achilles, while unloading the heel when recumbent.

**Ambulation**
Secure Stick® Sole
Optional sole for patient transfers and ambulation. May also be used to control internal/external rotation. Applies easily.

**Enclosed Foot**
A larger foot compartment and the extra cushioning protects tissues from bed shearing and patient-induced injuries.

**Wider Girth**
The wider design provides extra room for leg dressings and swelling.

**Taller Height**
The taller height protects patients with arterial deficiencies.

**FootHold®**

**Non-Abrasive, Lightweight Boot**
A soft, plush, seamless interior that is cool and comfortable to wear. Flame retardant according to CAL 129.

**Non-Abrasive, Medical Grade Vinyl**
100% antimicrobial, flame-retardant (according to CAL 129) vinyl, permits movement without resistance.

**Easy to adjust Velcro® Straps**
Hook and loop closures provide quick application and adjustment.

**Cone shape prevents**

**Ambulation**

**Pressure Ulcer Reduction.** Based on the trial, the Foot WAFFLE® is implemented throughout the hospital. In five months, the heel nosocomial pressure ulcer rate decreased to 1.58% for the SICU and zero percent for the post-surgical units. (Jones, P., Payne, N. Heel Pressure Ulcer Prevention, Duke University Hospital, Durham, North Carolina, 2006).

**Visit www.ehob.com and check out the Clinical Guide for listings of all clinical studies.**

**EHOB’s Clinical Documentation:**
EHOB is committed to clinical education and evidence-based studies that support the science of WAFFLE® Brand Products. Here are a few of our most recent independent studies.

**Decreased Facility-Acquired Pressure Ulcers.** Hospital acquired pressure ulcer rate reduced from 27 percent to zero percent in 3 years using the Foot WAFFLE® and WAFFLE® Heel Elevator and additional protocols. (Hardy, J., Nolan, K. 4 North Action Plan for Heel Ulcers, St. Agnes Hospital, Baltimore Maryland, 2007).

**Foot WAFFLE & Heel Elevator**
“We have a protocol now where if a patient’s Braden scale is below 18, we put them on a WAFFLE Overlay, place a WAFFLE Cushion on their chair and WAFFLE Boots on their feet - you’re doing prevention right there. The WAFFLE Boot is very versatile and also can be used on the elbow and under the head” Brenda Wessell, CWOCN

**WAF-**

**Pressure ulcers develop in less than 2 hours.**

The earlier an individual is recognized to be at risk for skin breakdown, the better the chance there is for preventing a pressure ulcer.

**One Size**
One convenient size fits most patients.