

Patient information

Heel weight bearing



This leaflet has been put together to give advice about managing with a heel weight bearing shoe.

Why have I been asked to heel weight bearing shoe?

The consultant has asked you not to put any weight onto the front part of your foot known as the fore foot. This is likely due to surgery, a fracture or a wound. Reducing the amount of weight going through this area will help with healing.

The ward will provide you with a special shoe which will help you take weight through the heel only.

In some cases, the physiotherapist may see you on the ward prior to you going home. They may issue a walking aid and do steps and stairs if this is appropriate. Not all patients who are heel weight bearing will need to see a physiotherapist.

When should I wear my shoe?

You should wear the shoe at all times when mobilising. You can remove the shoe if you are sat down and have your leg elevated. Your shoe may be removed at night time if you do not normally need to get up in the night. Keep your shoe on at night if you get up frequently.

How should my shoe fit?



This is where the end of the wedge of the shoe should sit on your foot to avoid weight bearing on your fore foot.

The straps should be snug around the sides of your foot

How do I mobilise?

- Take short steps
- Lead with the affected leg
- Step with the unaffected leg level with the affected leg (known as a step to gait). This will stop you rocking forward onto the toes of the affected foot
- Take it slowly as it is important to keep your balance
- If you have been given a walking aid ensure that you use this as instructed

Things to remember

- Only mobilise when it is essential to do so
- Limit how much you are up on your feet at any one time
- Keep your foot elevated when you are not mobilising
- Even if you are only mobilising a few steps, you must have your shoe on

Managing stairs

You may find it easier to turn slightly sideways on the step especially if you are holding onto a rail.



Going up:

- Lead with the good leg
- Bring the affected leg up next, onto the same step you may find it easier to turn your foot slightly to the side especially if you have any metal work in your toes
- If you have a walking aid bring this up last

Going down:

- Lead with the walking aid first if using one
- Then bring the affected leg onto the step
- Then bring your good foot onto the same step

Exercises

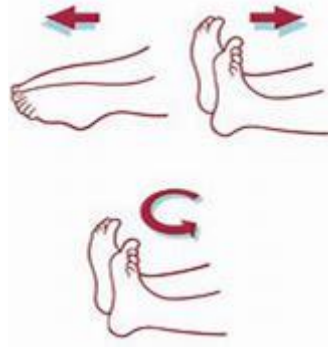
Exercises should be completed regularly to help maintain strength and reduce the risk of blood clots and chest infections.

- 1 **Deep breathing exercises:** Three deep breaths every 2 hours, try and ensure you also have a cough regularly.

These are important in the prevention of chest infections whilst you are not as mobile as normal.

2 **Circulation exercises:** These are important to help prevent blood clots

- Ankle pumps: (within the restrictions of your bandage) x 10 every hour or so



- Glute squeezes: 10 times every couple of hours

- Static Quads: complete 3 sets of 10 repetitions each day

Sitting with your leg out in front supported on a bed or sofa, push your knee down into the bed keeping your leg straight.

Hold for 5 seconds and repeat 10 times.

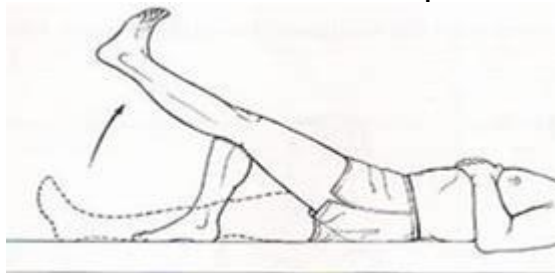


- Straight leg raises: complete 3 sets of 5 - 10 repetitions each day

Sitting with your leg out in front supported on a bed or sofa. Push your knee down into the bed keeping your leg straight.

Lift your leg keeping it straight.

Hold for 3 seconds and repeat 5 - 10 times on each leg



If you are concerned about the wound please contact ward F4 on 01284 713290 or your GP.

Contact numbers

For further information please contact

Physiotherapy department: 01284 713300

West Suffolk Hospital 01284 713000

You can contact your consultant via the hospital switchboard if required.

West Suffolk NHS Foundation Trust is actively involved in clinical research. Your doctor, clinical team or the research and development department may contact you regarding specific clinical research studies that you might be interested in participating in. If you do not wish to be contacted for these purposes, please email info.gov@wsh.nhs.uk. This will in no way affect the care or treatment you receive.

If you would like any information regarding access to the West Suffolk Hospital and its facilities please visit the website for AccessAble (the new name for DisabledGo) <https://www.accessable.co.uk>



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