

## Rearfoot Offloading Shoe

# What is offloading and how can it help with wound healing?

Offloading refers to the practice of reducing high pressure (weight/force) from a specific area of the body, so as to:

- Protect the feet from excessive pressure
- Prevents further trauma or irritation that could cause the wound to worsen
- Allows the wound area to receive necessary resources for wound healing.



Proper offloading, in combination with appropriate wound care and disease management, can significantly improve the healing outcomes for foot wounds and reduce the risk of complications such as infection or amputation.

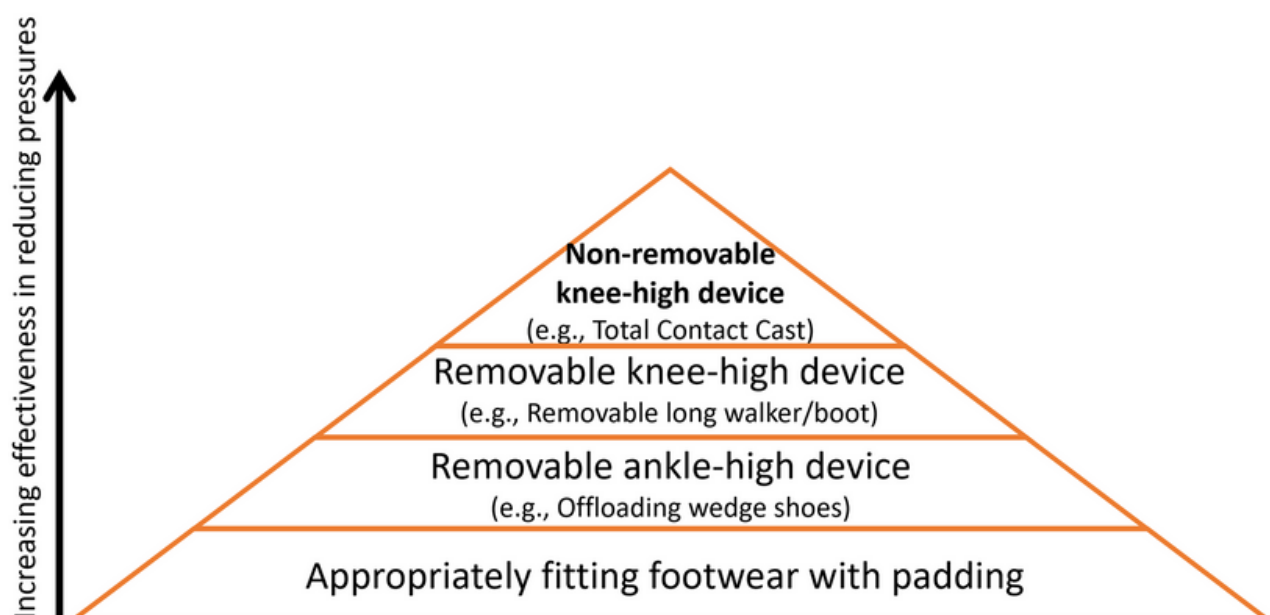


Figure 1. Effectiveness of different offloading interventions to reduce pressure.

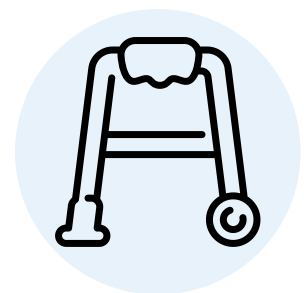
## Rearfoot offloading shoe

- A removable, ankle-high footwear with wedge-shaped sole. The sole is thicker at the front and gradually tapers toward the back (heel).
- This design helps to elevate the heel, reducing direct contact with surfaces and minimizing pressure on the area.
- Reduce pressure for wounds on the bottom of the heel.
- It is effective only if always used when putting weight on the foot.



### Things to note when using the offloading device:

- You would need to slowly get used to wearing the offloading device.
- Consider wearing a shoe of similar height (i.e., sports shoe) on the other foot for better balance.
- Consider the use of walking aids (e.g., walking stick, walking frame) to aid in balance and stability with use of the offloading device.
- These devices are not waterproof. Always keep the device clean and dry. Wet devices may lead to further injuries/ulcerations.
- If the device is causing any problem / pain or discomfort, stop using the device and call to schedule an earlier Podiatry appointment.



Contributed by Podiatry

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