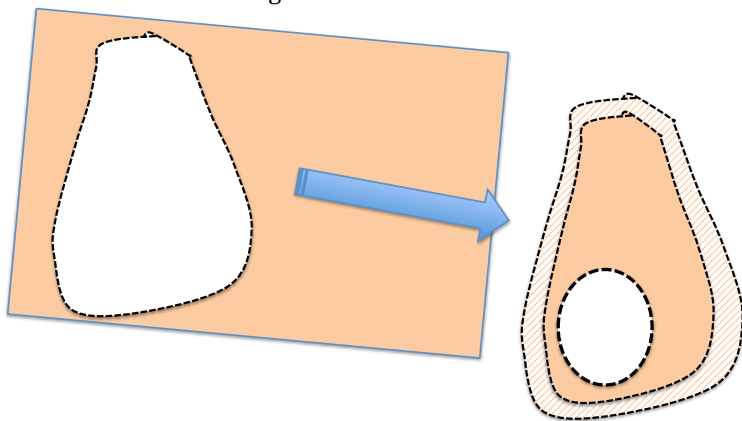


## Practical Padding Help-sheet (2) for a heel bump

Please ensure that you are familiar with the short booklet 1- **The principles of Padding for Patients** which supports the sheets 2-12.

<b>Condition:</b>	Heel pressure; skin rubbing, blister, hard lump (exostosis), Haglunds retro-calcaneal exostosis (see figure), pump bump, bursitis, chilblain, callus, verrucae
<b>Name of pad:</b>	Heel pad with cut out or cavity (partially cut out)
<b>Objective of treatment:</b>	Remove pressure and skin friction from shoe
<b>Limitations of treatment:</b>	Unless constant breakdown, infection or unable to wear shoe this pad is helpful.
<b>Material:</b>	4 or 7mm Felt (white) mixed animal, synthetic, hypoallergenic adhesive back

Figure A



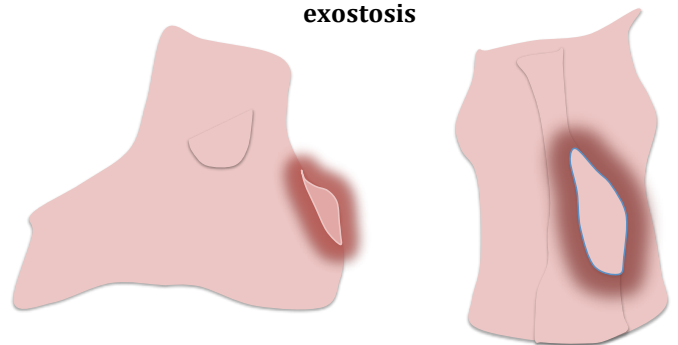
- Cut the shape out of your material from the big sheet
- Check it fits the foot
- Bevel around the outside to ensure better conformation
- Remove the section called a 'cut out' this will accommodate the hard bump

In figure A the bevel is denoted by the diagonal shading. This is important for a snug fit.

Figure B. You can use the pad in the back of shoes. Pads made to stick to the shoe should be cavitated.

Figure B

Haglund's retro-calcaneal exostosis



Sit the pad back into the heel of the shoe. Ensure it is bevelled sticky side to the Shoe.

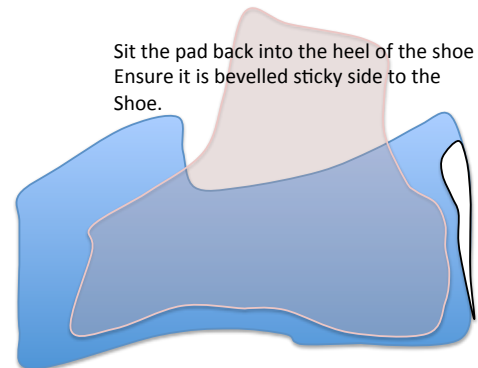


Figure C shows a cavity. The roof of the felt is left intact to cover the heel bump.

Figure D shows a cavity all the way through.

Haglund's heel bump (exostosis) – ankle illustrated

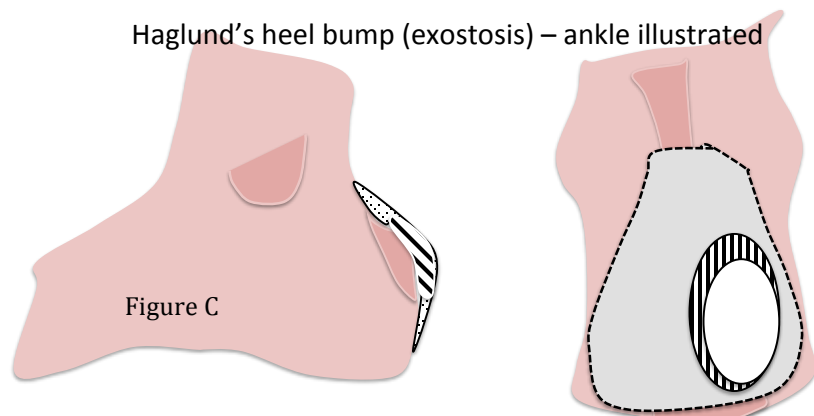


Figure C