

EDUCATION SERIES



OFFLOADING

Presented By: SerenaGroup Education Committee



WHAT IS OFFLOADING?

- Offloading is the process of reducing, reallocating, or removing weight bearing pressure that is put on the wound or compromised area (walking, standing, laying, etc.)
- Offloading is a standard of care in the management of many wounds, including pressure ulcers, diabetic ulcers, and more.
- Offloading can be used as a preventative or as a healing measure.
- There are multiple different approaches or a combination of devices that can promote optimal healing while giving you the best and safest offloading experience.



FREQUENCY OF OFFLOADING

Offloading devices should be worn or used as often as possible or as the healthcare provider recommends. The less weight and pressure on the wound, the better the healing rates may be. However, when using offloading equipment as a preventative measure or when wound healing is progressing well, the provider may encourage weight bearing as tolerated to increase muscle strength and promote healthy mobility and ambulation.



OFFLOADING DEVICES

Offloading devices can be anything from a cane, to a pressure relieving mattress, to a special-fitting boot. Let's review some commonly used offloading devices in wound care!



REMOVABLE CAST WALKER

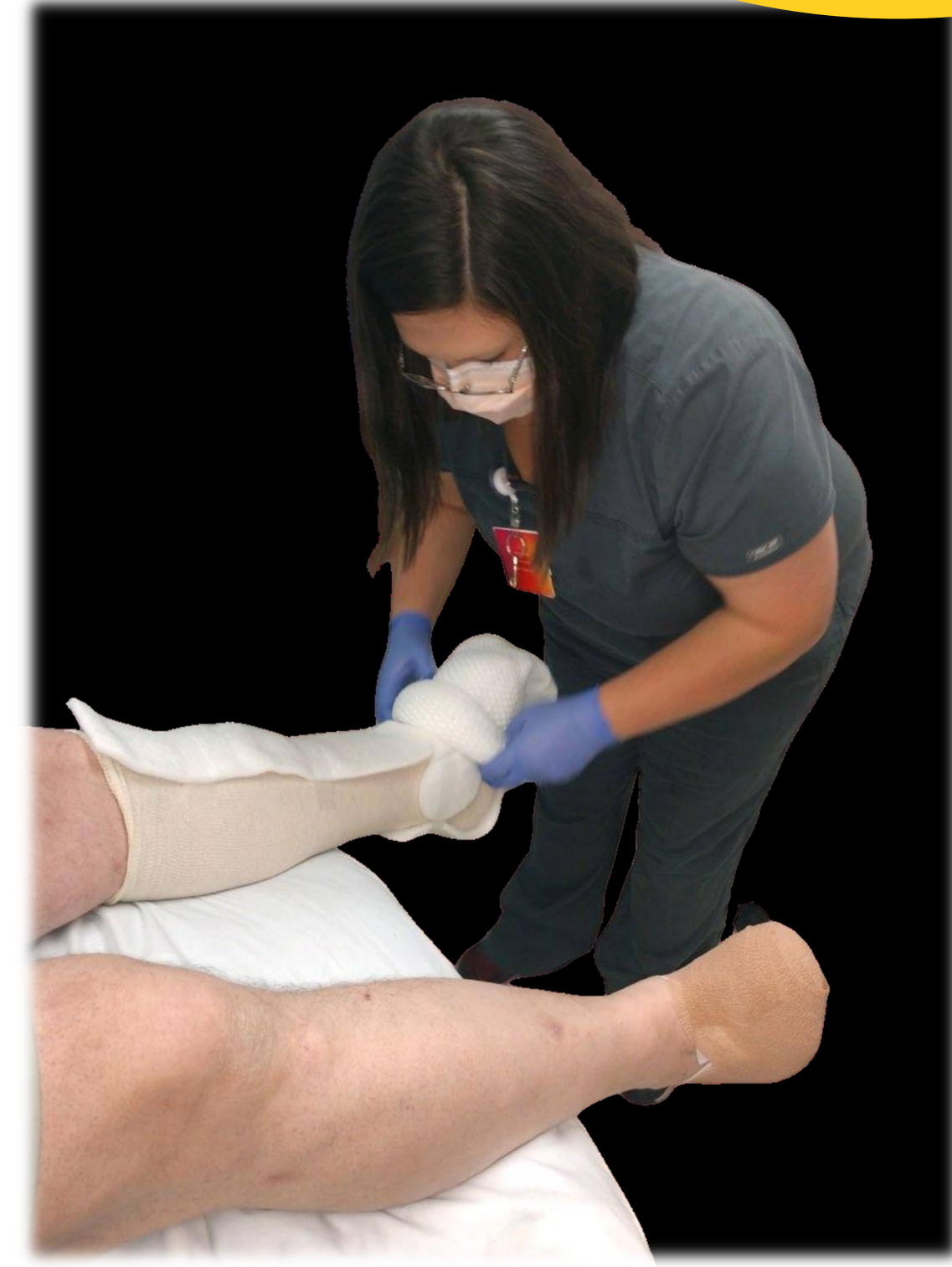
Unlike casts, cam boots/cam walkers/removable cast walkers are adjustable, reusable, and fully removable medical boots that increase foot support and user mobility during the healing process.

These softer casts with structural braces have a series of straps or buckles to securely fasten the walking boot to your leg. They are designed to keep the ankle at a 90-degree angle to remove pressure from the forefoot.



TOTAL CONTACT CAST (TCC)

- These casts are applied to the foot to match the exact contours of where the sole hits the ground. While these are proven to be one of the most effective offloading devices, they are not ideal for wounds complicated by moderate to copious amounts of drainage, infection, perfusion, poor balance, and more.
- TCCs are usually changed every week.



Half Shoes

- Also known as wedge or orthowedge shoes, they can be great for ulcers in a singular region. The weight will be distributed to the healthier or less vulnerable parts of the foot, while discouraging pressure to the ulcer area.
- These aren't ideal for everyone and take some practice to walk in properly. Remember to take small steps and don't rock the shoe!



Surgical Shoe

- Also known as post-operative or post-op shoe.
- Initially, and often most convenient and available at low cost, is the post op shoe. Designed initially for use after surgery to accommodate edema and bulky bandages, these shoes maintain a wide forefoot and an open or closed toe. The shoe has a rigid rocker sole. One has the ability to add accommodative padding to the sole or uppers to relieve bony dorsal or plantar pressure. Although the sizes of these shoes are limited, they can be the primary footwear for the minimally ambulating or nonambulating patient or can serve as an interim shoe while the patient waits for a prescription shoe.



THANK YOU

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