

Relieving Heel Pressure whilst in a Cast

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It is important to keep your heels free at all times whilst in cast; this can be achieved by using pillows/cushions positioned as shown above. Your heel is a hard prominent area and needs protecting.

Although resting the foot upon a soft surface may seem more comfortable, the pressure will still build upon the heel as the weight is against the hard cast.

When a specific body part is against a surface for a sustained period of time, the skin may break down resulting in a pressure ulcer, which could happen within your cast.

Please contact the plaster room if you are having any problems within your cast.

Please contact the Plaster Room for advice:

Lincoln: 01522 573836
Boston: 01205 445369
Grantham: 01476 464330
Louth: 01507 631360

We are open Monday to Friday 8.30am to 5.30pm

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If you require this information in another language or alternative format, please email the Patient Information team at ulth.patient.information@nhs.net