

Trauma and Micro Trauma Protocol

1. Diabetic Care
2. Diseased Nails
3. Durable Medical Equipment
4. Foot and Ankle Surgery
5. Heel Pain
6. Nail and Wart Surgery
7. Skin Hyperkeratosis
8. Skin Infections
9. Trauma and Micro Trauma
10. Ulcer
11. Shoe Pain

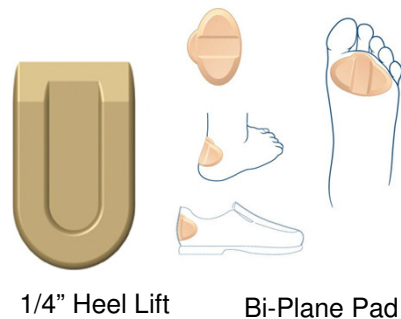
Trauma and Micro Trauma Protocol Products



Step 1



Step 2



Step 3- Pad Selection

Trauma and Micro Trauma Protocol

- **Step 1: Arnica Ice Soothing Gel**
Apply to affected area twice daily to reduce pain, bruising and swelling. Wash hands after application.
- **Step 2: Shoe & Insole Hygienic Refresher Spray**
Spray brace or immobilizer daily to keep area clean and reduce risk of skin infection.
- **Step 3: Physician Selects Proper Pad**
 - a. 1/4" Heel Lift: Apply to shoe opposite of brace or immobilizer to reduce incidence of lower back pain.

OR USE

- b. Bi-Plane Pad: Apply pad directly to skin or shoe for protection and pressure reduction.
 1. Clean and dry skin thoroughly if applying pad directly to skin.
 2. Remove plastic backing off pad by pinching edge of pad and slowly peeling off.
 3. Remove the pad at night and when showering. For proper hygiene and to restore tackiness of pad, wash with soap and water and let air dry. Store overnight on provided storage sheet.