

Stable Sling Accessory Wedge

APPLICATION AND FITTING INSTRUCTIONS

Please read the following instructions before using this product. Correct application is critical to the proper function of the brace.

Warnings and Precautions:

- If the wearing of this device causes increased pain or swelling or if the sensation in your arm/shoulder changes please consult your medical professional immediately.
- Do not wear or use this device while bathing, swimming or showering.
- Make sure that all wounds are covered with a dressing if they are still healing PRIOR to putting this device on your arm.

Indications:

- Rotator Cuff Repair-Torn Labral Injuries-Dislocated/Subluxation of the Shoulder-Surgical Repairs of the Shoulder-Shoulder Strains-Capsular Tightening

* One Wedge is equivalent to 15 degrees of external rotation and 2 wedges are equivalent to 30 degrees of external rotation.

How to Apply the Stable Sling Accessory Wedge:

1. Remove the sling from the existing contoured pillow, leaving the hook/loop strip attached to the sling portion. (Figure 1)
2. Attach Accessory Wedge to the contoured pillow with the attached hook/loop strip so that the WIDE edge of the Wedge is resting on the contoured pillow with the snap buckle facing forward.. The contoured pillow should be closest to you when applying the Accessory Wedge. (Figure 2)
3. Secure the Accessory Wedge with the Velcro tabs that are sewn around the border of the wedge to the contoured pillow. (Figure 3)
4. Place your arm in the sling pouch with your elbow tucked into the corner and position sling onto the accessory wedge so that your fingers, when flexed, can wrap comfortably around the edge as shown. Secure the Velcro strap midway along the open surface of the sling. (Figure 4)



Figure 1



Figure 2



Figure 3



Figure 4



Figure 5

5. Place the shoulder strap over the opposite shoulder from behind your back. (Figure 5)
6. Reconnect the strap to the buckle assembly.
7. Adjust the length of the strap to your comfort – Extra length may be trimmed by removing the Y-Tab Velcro piece, cutting the extra off and then re-applying the Y-Tab Velcro. (Final adjustment may be necessary after applying the pillow)
8. Place the pillow assembly at your waistline on the affected side with the snap buckle facing forward. Adjust for comfort.

Cleaning Instructions:

Hand wash in cold water using mild soap or detergent. Rinse thoroughly. Air dry. Residual soap may cause irritation to the skin.



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