

Stable Sling

Shoulder Brace Fitting Instructions

Manufactured By:



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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

How to Apply the Stable Sling:

1. Detach the shoulder strap from the sleeve at the buckle
2. Detach one side of the Velcro strap that is midway on the sling pouch to allow you to open up the sleeve to insert your arm.
3. Place your arm in the sling pouch with your elbow tucked into the corner and position the thumb strap to your comfort. (Figure 1)



Figure 1



Figure 2



Figure 3

4. Re-Secure the Velcro strap midway on the sling pouch.
5. Place the shoulder strap over the opposite shoulder from behind your back. (Figure 2)
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 buckle facing forward. (Figure 3)
9. Position the Sling Pouch onto the pillow assembly with the hook/loop Velcro piece- adjusted to your comfort. (Note- hand should be slightly higher than the elbow to reduce swelling into the fingers when applied correctly)
10. Rotate the pillow for the desired internal/external rotation prescribed by your medical professional.

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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