

# Shoulder Immobilizer w/ Waist Strap

BEFORE USING THIS DEVICE, PLEASE READ THE FOLLOWING INSTRUCTIONS COMPLETELY AND CAREFULLY. CORRECT APPLICATION IS VITAL TO THE PROPER FUNCTIONING OF THIS DEVICE.

## INDICATIONS

The Comfortland Shoulder Immobilizer provides stability and support for those suffering from tendinitis of the shoulder, dislocation of the shoulder, and chronic shoulder instabilities. Effective in immobilizing the shoulder to promote healing and prevent further injury.

## CAUTION

The application instructions listed above are intended for the use of qualified professionals only. It is not recommended for patients to attempt to apply or adjust this device unless otherwise instructed to do so by an orthopedic professional. Any questions regarding further adjustment or frequency/ duration of wear should be directed to your orthopedic professional, as they know the individual condition for which this device was prescribed.

## APPLICATION

1. Slip your arm into the sling and position so that the thumb goes through the loop located on the inside of the sling, while making sure that the elbow is as far back in the sling as possible (Fig. A)
2. Place the shoulder strap over the head so that it rests on the opposite shoulder (Fig. B). Use the hook and loop closure to adjust the length of the shoulder strap. Ideally, the arm should rest at a 90 degree angle, and the weight of the arm should be supported by the shoulder strap (Fig. C).
3. Wrap the waist strap around the waist and tighten the hook and loop closure so that the arm makes contact with the body (Fig. D).
4. Tighten and re-adjust as needed.



## CLEANING INSTRUCTIONS

Hand wash using cold water and mild detergent. Air dry. Do not dry clean, iron, or bleach any part of this brace, as it could cause damage and void the manufacturer's warranty.

NOTICE: While every effort has been made to obtain maximum strength, function, and durability, there is no guarantee that injury will be prevented through the use of this device.