

## Shoulder Brace Use and Care Instructions

These orthoses are designed to limit the movement of and provide support to the shoulder area to allow for proper healing.

### **Instructions:**

1. Place the large chest strap around your chest.
2. Secure Velcro tightly around the chest.
3. Bend your elbow to 90 degrees and secure the hand/wrist with the Velcro hand/wrist cuff. Make sure wrist is held tightly with the Velcro and secured against the chest wall.
4. Wrap the upper arm cuff around the biceps with the long piece of Velcro pulled to the front. Secure the arm strap across the body by placing the Velcro tightly above wrist strap.
5. The over-the-shoulder strap should be attached to the chest strap, brought over the non-injured shoulder, and attached to the front of the immobilizer.

For additional instructions, please refer to the manufacturer instruction guide that was provided with your brace.

### **Cleaning:**

Please refer to the manufacturer's cleaning instructions, these instructions are located on a tag inside of your brace.

If the Velcro is not sticking well on the brace, check for lint build-up on the Velcro and remove it.

### **Precautions:**

- Do not wear the brace while sleeping.

### **Questions or Problems**

This product is designed to be worn directly on the skin. Inspect your hand, wrist, and forearm before and after each use. If any problems occur related to use of this device, please contact your local Wright & Filippis at (800)482-0222.

