

Immobilizer Shoulder Sling

The **ISO Preferred Immobilizer Shoulder Sling** reduces the time it takes to heal discomfort from injuries or post-surgery. Please follow your orthopedic professional's instructions explicitly and adjust or discontinue use only as directed to achieve maximum benefit for your concerns.



ISO Preferred Immobilizer Shoulder Sling (SH320-23) is intended to provide immobilization after Rotator cuff injury / repair, Shoulder girdle fracture, Shoulder dislocation/subluxation, Shoulder instabilities, Anterior dislocation (G-H joint).

1. Before application, attach each strap to the closed end of the sling behind the elbow. Gently slide the sling over your arm and elbow. Your elbow should be snugly placed in the corner of the brace with your hand appearing at the open end of the sling.
2. Place your thumb through the loop located in the inside of the sling. By placing your thumb through the loop your wrist and arm do not move and it helps prevent the arm from dropping further. Make sure the end of the sling fabric does not cut into your wrist or hand. If your entire hand hangs at your wrist, your sling may be too small or your elbow is not positioned snugly in the corner. Adjust appropriately.
3. Take the strap behind the elbow at the top side of the cradle and wrap across back and over the opposite shoulder. Feed it through the loop above your hand. Adjust by sliding the cushioned padding along the strap so that it rests behind your neck, ensuring you will not put any unnecessary strain on your neck muscles or spinal column.
4. Tighten the straps so your hand and forearm are elevated above the level of your elbow. This helps to prevent blood and fluid from pooling in your hand and wrist. Secure the strap with the fasteners. Tighten or loosen the strap as necessary, so that you do not feel as if all the pressure of holding your arm in place is emanating off your neck.
5. Lastly, pull the strap that goes around your back to keep the elbow close to the body and fasten it to the ring below your hand. Make sure the strap is not too tight. You should be able to fit two fingers between your body and the strap of the sling. Your sling should fit comfortably and not feel binding or tight. Your shoulder, elbow, and wrist should feel like they are in a relaxed position. **DO NOT OVERTIGHTEN.**



INTRODUCTION

Your **ISO Preferred Immobilizer Shoulder Sling (SH320-23)** is designed to provide your body with the support and stability that it needs to successfully manage or eliminate your mobility concerns. It is critical that you follow your orthopedic professional's directions closely to ensure that the apparatus is worn properly and in the manner that will be most beneficial in addressing your issues. For correct application, please read the enclosed instructions and watch the on-line instructional video (if available) at www.ISOpreferred.com so that this device can provide you with superior long-term usability and care.

USAGE RECOMMENDATIONS

It is vital that you read the included instructions and when applicable watch the instructional video for the **ISO Preferred Immobilizer Shoulder Sling (SH320-23)**. The brace is intended for application by qualified professionals only. It is not recommended for patients to fit or apply or adjust their new brace without an orthopedic professional's expertise, unless otherwise instructed. Further questions regarding adjustments or changes, frequency of use, and/or duration of use should be presented to your orthopedic professional, as they are familiar with the specific needs and conditions, for which this device was prescribed.

CARE AND CLEANING INSTRUCTIONS

Please do not place your brace in the washing machine or dryer at any time. When preparing to clean your **ISO Preferred Immobilizer Shoulder Sling (SH320-23)** you will want to separate the parts where applicable and care for them individually.

- Do not dry clean, iron, bleach, or use an abrasive cleaning instrument on any part of the brace. Failure to follow these instructions may damage your brace and void the manufacturer's warranty and it may no longer work properly.
- Hand wash each section in cold water with a mild detergent. Lay flat to air dry.
- Allow all parts to air dry prior to reassembling the device.

CAUTION

The **ISO Preferred Immobilizer Shoulder Sling (SH320-23)** is for single patient use only. 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, especially if the instructions are not followed correctly. **DO NOT OVERTIGHTEN.**

SKU	SIZE	
ISO-SH320	Small	9"-10.5"
ISO-SH321	Medium	11"-12.5"
ISO-SH322	Large	13"-14"
ISO-SH323	X-Large	14.5"-15.5"

