

Shoulder Sling with Abduction Pillow & Squeeze Ball

The ISO Preferred Shoulder Sling with Abduction Pillow & Squeeze Ball 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 Shoulder Sling with Abduction Pillow & Squeeze Ball (SH324-27) is intended for arm immobilization after Rotator cuff repair, Shoulder girdle fracture, Shoulder dislocation/subluxation, Capsular shifts, Glenohumeral dislocation/subluxations, Soft tissue repairs/strains, Multidirectional instability of shoulder and Adhesive capsulitis release / manipulation.

1. Unfasten one side of each strap on the shoulder sling and on the abduction pad. Extend straps to a generous length.
2. Position the abduction cushion so that the curved side is facing your torso against your waist on the injured side of the body. Take the abduction strap that goes around your back and secure it into position by snapping the buckle together. Make sure the strap is not too tight. You should be able to fit two fingers between your body and the strap of the abduction.
3. Gently slide the arm cradle of the sling under your arm and elbow. Ensure your elbow is snug to the back of the corner of the arm cradle with your hand appearing at the open end of the cradle. Fasten the wider arm cradle strap over your forearm. Align the sling with the abduction cushion so that the gripping part of the pad is centered to the sling. Attach with the fastening fabric. Make sure the open end of the sling fabric does not cut into your wrist or hand. If your entire hand hangs at the wrist, your sling may be too small or your elbow is not positioned snugly into the back of the arm cradle. Fasten the thinner thumb strap to one side of the sling at the open end. Wrap strap around thumb and secure to the other side of the sling at the open end. **DO NOT OVERTIGHTEN.**
4. Take the strap behind the elbow on the arm cradle and wrap it around your back and neck. Pull the strap from your neck and feed it through the loop above your hand (4). Adjust the length and secure. Slide 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.
5. 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. Attach the strap with the fastening fabric. 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. Position the squeeze ball at the end of the abduction padding in a place that is easily accessible by your hand. Follow your physician's instructions on positioning of the abduction and the elevation of the arm. **DO NOT OVERTIGHTEN** any of the straps.





INTRODUCTION

Your **ISO Preferred Shoulder Sling with Abduction Pillow & Squeeze Ball (SH324-27)** 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 Shoulder Sling with Abduction Pillow & Squeeze Ball (SH324-27)**. 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 Shoulder Sling with Abduction Pillow & Squeeze Ball (SH324-27)** 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.
- Separate the shoulder sling from the abduction padding. Separate the sling lining from the strap. Separate the sling lining from the strap. Separate the abduction padding from the strap and the squeeze ball.
- 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 Shoulder Sling with Abduction Pillow & Squeeze Ball (SH324-27)** 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-SH324	Small	10"-11"
ISO-SH325	Medium	11.5"-12.5"
ISO-SH326	Large	13"-14"
ISO-SH327	X-Large	14.5"-15.5"

