

OWNER'S MANUAL  
670 UNIVERSAL ARM SLING  
SKU: SUP2101BLK



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## 670 UNIVERSAL ARM SLING

### WHAT'S INCLUDED

#### Arm Sling

1. Neck Pad
2. Shoulder Strap
3. Buckle
4. Hook and Loop Straps
5. Wrist Support Strap
6. Foam Therapy Ball
7. #1 Pre-folded Line
8. #2 Pre-folded Line
9. Removable O-Ring Padding
10. Offloading Strap
11. Adjustable Waist Strap



## INITIAL APPLICATION

### IMPORTANT:

The initial application should be performed by a medical professional only.

1. (Optional) Secure the waist strap around the body.
2. Detach the wrist support straps located at the front of the arm sling.
3. Align the sling along the patient's injured arm from elbow to middle of the palm. Pinch the bottom at the appropriate length.



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- At the pinch, fold the front fabric of the sling over and secure using the hook tabs on each side.



**Note:**

Alternatively, you can fold at one of the two pre-folded lines on the sling.



- Secure the wrist support straps back onto the front of the sling.



- Detach the two closure straps at the top of the arm sling.



7. While the patient is standing, have them support their injured arm with their uninjured arm at a 90-degree angle.

8. Carefully slip the patient's arm through the front of the arm sling and ensure the elbow is completely set back.



9. Release the shoulder strap buckle and wrap the strap over the patient's shoulder. Reconnect the buckle at the front and then adjust the length as needed; the strap should hold the elbow at a 90-degree angle.



**NOTE:**

The shoulder strap can be trimmed to remove excess material if needed, check out the “Trimming The Excess Straps” section below for detailed steps.

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10. Secure the two hook and loop straps over the top of the arm sling.



11. Gently press the sling and waist strap together so that the hook secure tab in between secures them into place.



12. (Optional) A foam therapy ball is included to attach inside the arm sling near the hand. This can be used to exercise, stimulating blood circulation in the arm and shoulder for a faster recovery.



13. (Optional) Clip the offloading strap to the back of the sling, position under the arm, and secure to the front of the sling. This offloads pressure from the neck pad and provides a more comfortable experience.



## REMOVAL

### **IMPORTANT:**

Only remove the brace if advised by a healthcare provider.

1. In a seated position, the patient's arm should be at a 90-degree angle resting over a soft pillow on their lap or on a low tabletop.



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Unclip the offloading strap from the front O-ring then loosen the top hook and loop closure straps.



2. Release the shoulder strap buckle, unwrap the strap over the head, then reattach the buckle at the front to make it easier when putting the brace back on.



3. Unfasten the waist strap.



4. Carefully slide the arm out of the sling.



## REAPPLYING THE ARM SLING

### ASSISTANCE REQUIRED

1. The patient should be seated with a pillow over their lap and arm at 90-degree angle.
2. Gently slide the arm into the sling, the elbow should be positioned completely back.



3. Reach behind and grab the waist strap, then secure the buckle.



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4. Release the shoulder strap buckle and wrap the strap over the patient's opposite shoulder, then reconnect the shoulder strap buckle at the front.



5. Attach the two hook and loop secure straps at the top of the arm sling.



6. (Optional) Secure the offloading strap to the front of the brace.



## TRIMMING THE EXCESS STRAPS

The shoulder and waist strap comes with removable Y-straps at each end to allow for excess to be trimmed if needed.

1. Remove the Y-straps from the strap end.



2. Use the folding method to test the length before cutting. Mark the location you wish to cut, fold at this point, then reattach the Y-strap to test the length adjustment before cutting.



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3. Once the length is confirmed, cut the excess with scissors and reattach the Y-straps.



### CARE

- Remove all straps from the sling.
- Hand wash in cold water with mild detergent.
- Hand dry.
- Do NOT machine wash or dry. Do NOT bleach.

### WARNING

- Consult your doctor or physician before use.
- Do not use the support if pain persists or worsens.
- Do not overtighten the straps.

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