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## **Stable Sling 3/ER**

### Instructions for Use

Please read these instructions completely and carefully before applying this product. Correct application is important for proper function of this brace.

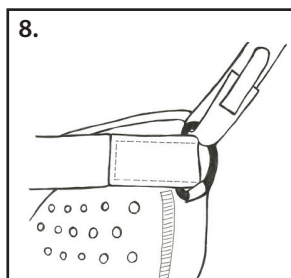
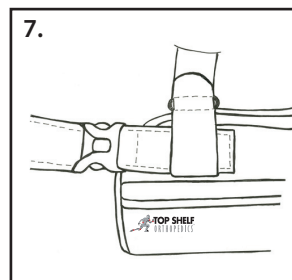
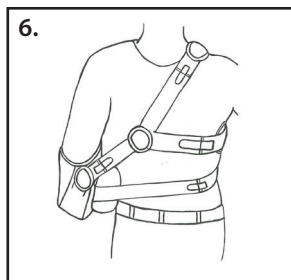
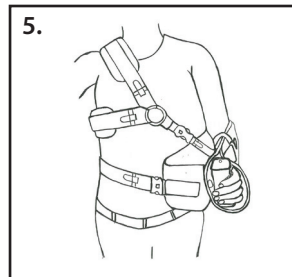
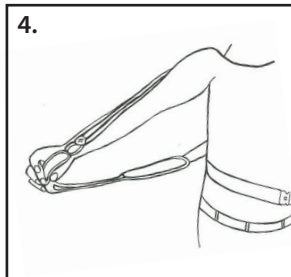
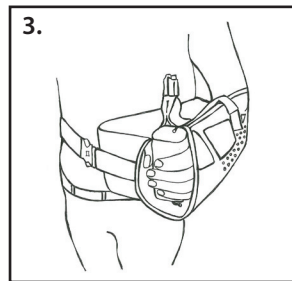
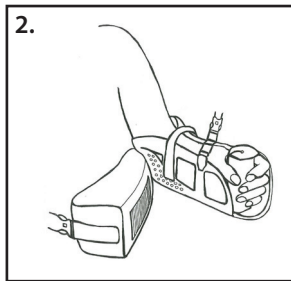
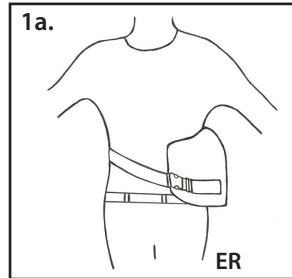
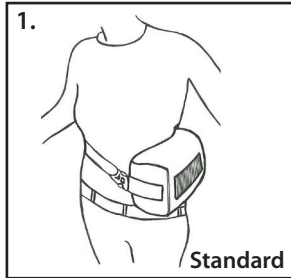


# Stable Sling 3/ER

## Instructions for Use

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**Indications:** Rotator cuff repair, torn labral injuries, dislocation/subluxation of the shoulder, surgical repairs of the shoulder, shoulder strains, and capsular tightening.



- 1/1a** Position the waist assembly with abduction pillow on the affected side, securing it with the buckle closure to the front. The pillow is removable so that it can be oriented correctly for left or right use. Wide portion of the pillow shall be to the front of the wearer. Adjust for fit and cut waist belt to length. A "Y" tab adapter is provided to affix the waist belt remnant to the belt assembly. Pillow and waistbelt can be rotated for proper internal/external rotation and comfort.
- 2.** Open sling pouch assembly and pull out (DO NOT remove) the shoulder harness assembly. Insert your affected arm with the elbow towards the closed deep pocket. Adjust handpiece by tensioning the pull cord tethered on the underside of the sling pocket.
- 3.** Affix the sling pouch to the pillow waist assembly so that the end of the sling is even with the front edge of the pillow. Close the sling pouch opening near the elbow with the supplied strip of webbing material with hook fabric on both ends (6" long).
- 4.** Reach back with your unaffected arm to grasp the shoulder harness assembly. Grasping it at the buckle you will "swim" into the opening and bring the harness across your chest to secure it to the top front portion of the sling pocket.
- 5/6.** Adjust the fit in the front and the back before trimming the straps. Once the fit is adjusted and is comfortable trim the excess straps to the proper length and use the provided "Y" tab to secure the strap end.

### Sling Only Waist Belt Attachment

- 7. Hand or Front of the Sling:**  
Affix buckle side to the inner front portion of the sling pocket - placing it under the current hook material that suspends the shoulder harness. Re-affix the hook material to the strap with the buckle assembly.
- 8. Elbow or Back of the Sling:**  
Wrap the belt around your waist with the "Y" tab adjustment for the belt facing out. Thread the other end through the circular ring at the elbow portion of the sling pocket and fold the hook material back on the waist belt.  
Adjust for length - trim and use the "Y" tab adapter to secure the belt material.

**Use & Care:** Hand wash in cold water using mild soap, rinse thoroughly. Air dry only. Note: If not rinsed thoroughly, residual soap may cause skin irritation and deterioration of the material.

**Warning:** This product is to be used under the supervision of a medical professional. This device is not intended for unsupervised public use. If you experience any pain, swelling, sensation changes, or any unusual reactions while using this product, consult your medical professional immediately.

**Warranty:** Top Shelf Orthopedics guarantees this product to be free of defects in material and construction for a period of six months from date of purchase.

**Caution:** Federal Law (USA) restricts this device for sale by or on the order of a licensed healthcare professional.