



# Application Instructions

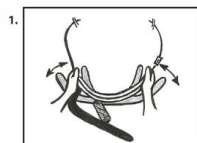
**PRODUCT:** Rest Easy Shoulder System  
**MODEL:** 5200  
**SUGG HCPCS:** L3960

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

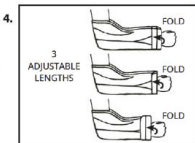
## Indications

Shoulder stabilization • Post-op shoulder surgery • Traumatic injuries of the shoulder • shoulder tendinitis • rotator cuff repair • Dislocated shoulder • Glenohumeral instability • Bankart lesion repair • Shoulder replacement

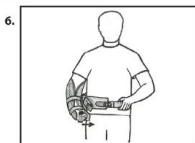
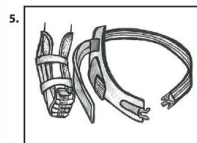
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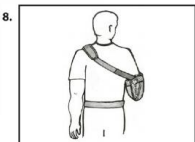
Form the rigid abduction band to the contour of the waist on the affected side, adjust the waist strap to the desired length and tension so that the device remains in place. Cut the excess material on the waist strap and re-attach the "Y" tab adapter. Leave plastic sleeve in place. **See images 1 & 2**



Remove the buckle assembly on the sling and the hook/loop elastic strap across the pocket opening to allow your arm to be inserted into the pocket of the sling. Position elbow to the back of the sling pocket and adjust the length of the sling pocket by folding the material back to first or second seam allowing the fingers to be exposed when sized correctly. **See images 3 & 4**

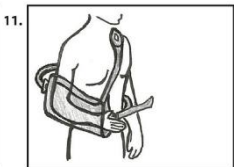


Place the sling pocket onto the rigid abduction band so that the fingers are directly over the movable portion of the torso assembly. Remove plastic sleeve and press sling onto Velcro arm support. **See images 5 & 6**



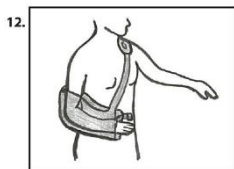
Pass the shoulder strap over the unaffected shoulder. Secure the strap with the buckle closure and adjust the length of the strap across the back for a comfortable fit. **See images 7,8, 9**





## Sling only with Immobilizer Strap

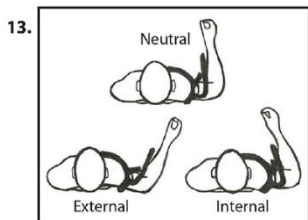
Remove both sides of the waist belt assembly from the rigid abduction band. Affix the hook material to the inside edge of the sling pocket so that the buckle assembly is directly adjacent to the finger opening portion of the sling. Adjust waist belt for length and trim excess material. **See Image 10,11, & 12**



Illustrations for the right shoulder; reverse for left shoulder

## Adjust Rotation of the Rigid Device

Internal, neutral, and external rotation can be accomplished by adjusting the flexible portion of the rigid abduction band. Adjust flat (internal), partially extended (neutral), or



completely extended (external) and secure it to the shorter support to provide stability to the outstretched arm. **See Image 13**

## Adjust Abduction of the Rigid Device

**Abduction Range of Motion from 0 to 45 degrees** - Abduction can be modified by increasing the distance between the bendable torso portion and the sling pocket. Creating a wider curve can add to the abduction angle. Once the desired abduction is achieved secure the shorter support to the undersurface of the longer support to prevent it from collapsing towards the waist. **See Image 14**

### Abduction Range of Motion from 45 to 90 degrees -

Depending on the angles of rotation and/or abduction selected for immobilization of a wearer's shoulder, the use of the support wedge is optional, to give an additional abduction support or forearm support. Bend the abduction tab on the lateral waist support upward to the desired



angle and insert the wedge pillows into the space created for support. **See Image 15 and 16** (posterior view without and with wedge inserted, respectively).

**Image 17-A** shows the system in middle upward abduction, wherein the shoulder is abducted about 45 degrees upward from the neutral abduction position.

**Image 17-B** shows the system in still greater external abduction, wherein the shoulder is abducted about 90 degrees upward from the neutral abduction position. The degrees of abduction may be made determined by the extent to which the abduction support is splayed.

