



# ISO Preferred Shoulder Sling

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

**ISO Preferred Shoulder Sling** is intended to provide immobilization after rotator cuff repair, shoulder girdle fracture, and shoulder dislocation / subluxation.

1. Gently pull 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 end of the sling.
2. 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. Reach around your neck and grab the strap that begins off the top ring behind your elbows position in the sling. Pull the strap around the back of your neck and 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.





## Introduction

Your **ISO Preferred Shoulder Sling** 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 doctor's directions closely to ensure that the apparatus is worn properly and in the manner that will be most beneficial in addressing your issues. Please read the enclosed instructions and watch the applicable video when available so that the device can provide you with the superior long-term assistance and care you require.

## Usage Recommendations

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

## Cleaning Instructions

- Separate the sling lining from the straps.
- Hand wash the fabric parts in cold water with a mild detergent, rinse and lay flat to air dry.

## Care Instructions

It is imperative that you do not place your brace in the washing machine or dryer at any time. When preparing to clean your **ISO Preferred Shoulder Sling**, you will want to separate the parts where applicable and care for them individually. Hand wash each section in water with a mild detergent. Allow all parts to air dry prior to reassembling the device. Do not dry clean, iron, bleach, or use an abrasive cleaning instrument on any part of the brace, as it will damage your brace; voiding its manufacturer's warranty and no longer working for you correctly.

## CAUTION

The **ISO Preferred Shoulder Sling** 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 while using this device, especially if the instructions are not followed correctly.