

The **NYOrtho Shoulder Orthosis** is a post operative bracing solution that provides immobilization for rotator cuff repairs, capsular shifts, glenohumeral, dislocations, Bankhart repairs, subluxation, soft tissue repairs and strains. For convenience purposes, NYOrtho recommends that all post-operative devices be fit pre-operatively.

## APPLICATION INSTRUCTIONS:

### POSITIONING OF ABDUCTION PILLOW

The abduction pillow is ergonomically shaped to conform to your body's contour and should be positioned with the recessed area against the waist line. This pillow position will aid in maintaining a more neutral arm alignment at a 30° angle.

1) Adjust the hook receptive strap to the desired length. We suggest the adjustment to be made at the back (smaller end) of the abduction pillow; this will simplify future adjustments once the abduction pillow is in place.

2) Position the abduction pillow curvature forward (larger end) and place the sensitive tab through the buckle and secure to strap allowing for comfort and function. Be sure to position the abduction pillow at the approximate height of the patient's elbow.

When an abduction pillow is not required, a foam comforter is provided to pad the arm sling against the waist and provide for a smaller degree of abduction. Simply attach the pad to the

### ATTACHING SLING TO ABDUCTION PILLOW

The sling is constructed with a sensitive sensitive loop material and will connect to the abduction pillow's sensitive on either side. This will allow for right or left arm positioning by simply flipping the sling to accommodate the affected arm.

1) Unfasten the sensitive tab at the front of the sling without removing the strap from the buckle.

2) Unfasten the thumb strap and place the patient's arm in the sling, securing the arm position with the sensitive closure at the top of the sling. Refasten the thumb strap.

3) Slip the padded strap over the patient's head and fasten the sensitive tab at the desired length. Strap tension can be adjusted by sliding the sensitive tab up or down the shoulder strap.

4) Once the desired position of the sling is achieved, attach the sling to the abduction pillow via the sensitive sensitive loop material. At this point, a slight adjustment to the height of the abduction pillow may be necessary.

5) For more comfort, make sure the shoulder strap padding is positioned on the neck and shoulder area. The exercise ball and holder can also be repositioned or removed.



**8712-SM**  
**8712-LXL**

**Shoulder Orthosis, Size: Small / Medium**  
**Shoulder Orthosis, Size: Large / XL**

\* Measure arm from elbow crease to base of the index finger S/M up to 14" inches; L/XL over 14" inches

This shoulder sling and abduction pillow provides positional arm support and immobilization for upper extremity injuries and surgeries.

### Clinical Indications:

- Rotator cuff repairs
- Glenohumeral dislocations/subluxation
- Soft tissue repairs

### Offered With These Standard Features

- Breathable Spacer Fabric Sling
- Universal (left or right arm) Sling
- Universal (left or right arm) Abduction Pillow
- Foam Comforter for Lower Abduction
- Adjustable Padded Strap
- Exercise Ball

### Abduction Pillow is Set at 30°

### WASHING INSTRUCTIONS



WASH LUKEWARM



NO BLEACH



DRY ON LOW