

How to put on the Universal Shoulder Rehab Brace

The Universal Shoulder Rehab Brace is made up of

1

a padded strap system

2

an anchoring system

3

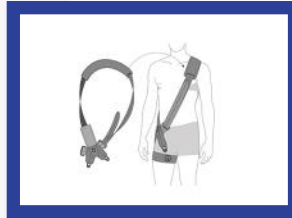
and a thigh pad

STEP 1



Secure the Thigh Pad as close to the hip area as possible. Wrap the thigh pad around the upper thigh so that one of the open slots is facing directly forward as it sits on your thigh.

STEP 2



The shoulder rehab brace comes with a long strap to accommodate patients of all sizes. Use the healthy arm to slide the padded shoulder strap overhead and rest above the injured shoulder. Then snap the Anchor tabs on to the thigh strap. Make sure the padded portion of the shoulder brace sits over the top of your shoulder and over the top of your shoulder blades.

STEP 3



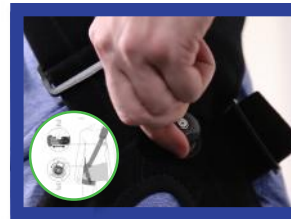
Snap the "anchor tabs" onto the thigh pad.

STEP 4



Secure a snug fit by repositioning the Velcro tab on the front shoulder strap.

STEP 5



Tighten brace by pushing in and turning the tension dial. Turn clockwise until proper tightness is achieved. To remove the brace, pull out the tension dial. This will release all tension on the shoulder strap which allows for easy removal.

STEP 6



The patient is now ready to start their exercises.