

Bledsoe *ARC* (Abduction Rotation Control) Shoulder Brace

Application Instructions & Patient Use Manual CP020224 Rev C 05/07



Council Directive 93/42/EEC
of 14 June 1993 concerning
Medical devices



This device is offered for sale by or on the order of a physician or other qualified medical professional. This device is not intended for reuse on a second patient.

Indications: ARC brace(s) can be used for any injury or disorder of the shoulder requiring support or immobilization including nonsurgical and post-operative management of the injured shoulder for comfortable positioning of the affected arm with the ability to provide fine adjustment of abduction and rotation. The extremity can be positioned in neutral rotation or up to 15 degrees of internal and external rotation.

Specific conditions include support and immobilization following arthroscopic and open repair of rotator cuff tears, instability repairs including uni-, bi-, and multidirectional instability, nonsurgical management of the dislocated shoulder, immobilization following shoulder arthroplasty or fractures of the proximal humerus.

WARNING: Do not leave this device in the trunk of a car on a hot day or in any other place where the temperature may exceed 150° F (65° C) for any extended period of time. **If any additional pain or symptoms occur while using this device, discontinue use and seek medical attention.**

Warranty: Subject to the express terms of Bledsoe's Product Line Warranty, this device is warranted to be free from defects in material and workmanship for a period of 90 days for pads, straps and normal wear components. These warranties apply to devices that have not been modified or subjected to misuse, abuse or neglect. Copies of the Product Line Warranty can be obtained via the internet at bledsoebrace.com or by calling 1-888-BLEDSOE (253-3763).

Manufactured by:

Bledsoe Brace Systems™

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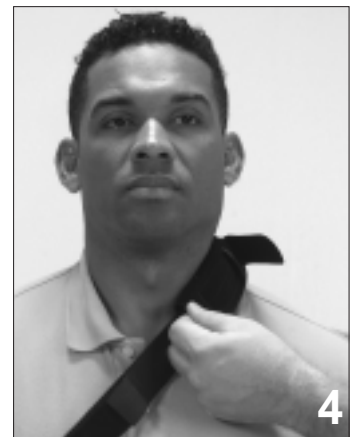


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For product information or questions pertaining to sales or service, please contact the sales representative in your area or Bledsoe Brace Systems™ directly.

Bledsoe **ARC** (Abduction Rotation Control) Shoulder Brace Application Instructions



POSITION AND FORM THE ABDUCTION ARC

1. Release the **ratchet release buckle** on the **abduction arc**.

Shape the **formable band** to fit the patient's torso.

Position the **abduction arc** on the affected side of the body at the level of the elbow. Ensure that the **ratchet release buckle** is at the front of the body.

The **arm support** should be in the neutral position, pointing straight forward with the elbow approximately 2 - 3 inches (5 - 8 cm) behind the bend in the **arm support**

FASTEN AND ADJUST THE TORSO STRAP

2. Pass the **torso strap** around the patient. Insert the ratchet tab end of the **torso strap** into the **ratchet release buckle**.

Remove the hook closure at the end of the **torso strap** and pull the strap to a comfortable tension. If necessary trim the strap, leaving room for further adjustment (inset).

Re-attach the hook closure to secure the end of the **torso strap**.

The **abduction arc** is now in position.

APPLY THE ARM CUFF

3. Pull the **shoulder strap** out of the **arm cuff**.

Slip the patient's arm into the **arm cuff** ensuring the elbow is resting in the bend of the cuff as shown in the illustration.

Lift the **shoulder strap** over the patient's head.

Adjust the **shoulder strap** length from the front side of the arm sling by pulling it to the desired tension (inset).

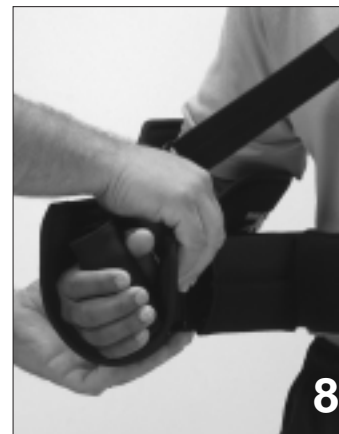
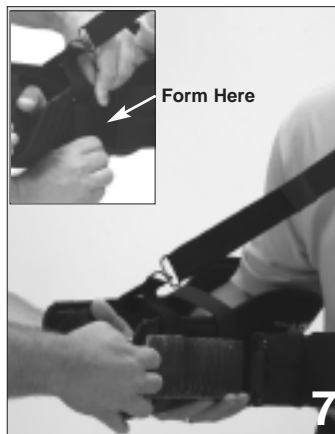
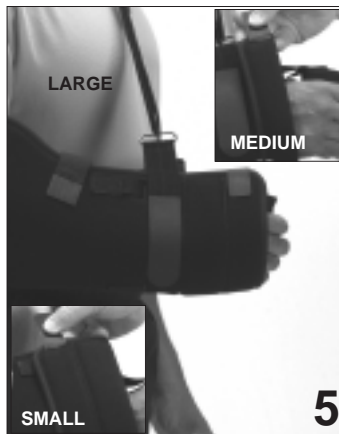
Adjust the **shoulder strap** from the back if necessary.

Excess strap material may be trimmed if necessary using the same method as described in step 2. *NOTE Delay trimming of the strap if adjusting for external rotation (as in step 7).*

POSITION THE NECK PAD

4. Release the hook closure on the **neck pad**; slide the **neck pad** to a comfortable position. Re-attach the hook closure.

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ADJUST THE ARM CUFF LENGTH
5. LARGE SIZE: The arm cuff is packaged in its longest configuration or large size. *If no adjustment is desired proceed to step 6.*

MEDIUM SIZE: To shorten the **arm cuff** for a medium size, lift the **hook closure tabs** on the front end of the arm cuff. Fold the **arm cuff** along the first **pre-stitched fold line**. Re-attach the **hook closure tabs** to the inside of the **arm cuff**.

SMALL SIZE: To shorten the **arm cuff** for a small size, lift the **hook closure tabs** on the front end of the **arm cuff**. Fold the **arm cuff** along the second **pre-stitched fold line**. Re-attach the **hook closure tabs** to the inside of the **arm cuff**.

ADJUST THE HAND GRIP
6. Place the **hand grip** in the patient's hand. There are three **tension straps** for the **hand grip**; one located on the bottom of the arm cuff and one on each side at the top of the **arm cuff**.

Adjust the three **tension straps** by pulling back to a comfortable position. Re-attach the hook closures.

*NOTE: By pulling different tensions on the three **tension strap** ends, various wrist positions can be achieved.*

ADJUST THE ARM SUPPORT FOR INTERNAL OR EXTERNAL ROTATION
7. Remove the rubber band from the **arm support**. Do not remove the plastic sleeve at this time.

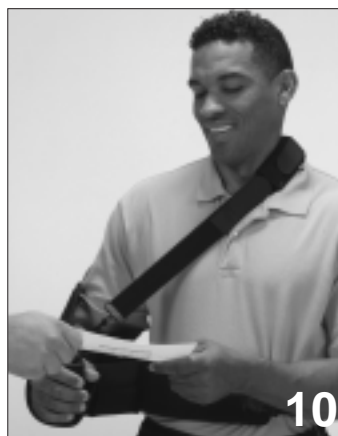
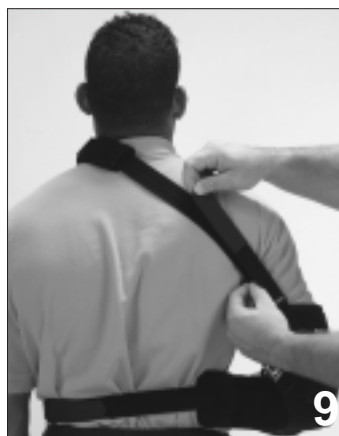
The ARC Brace is packaged in the neutral position. If neutral position is desired proceed to step 8.

If adjusting for internal rotation or up to 15 degrees of external rotation, position the **arm support** and **abduction arc strut** to the desired angle.

Form the end of the **abduction arc strut** so that it is parallel to the **arm support**.

NOTE: For external rotation beyond 15 degrees use our ARC-XR version.

SECURE ARM CUFF TO THE ARM SUPPORT
8. Remove the **plastic sleeve** from the **arm support**. Ensure a proper attachment by applying gentle pressure to both the **arm cuff** and the **abduction arc strut**.



ADJUST THE SHOULDER STRAP
9. It is recommended that the **shoulder strap** be adjusted from the back side as a final adjustment.

PATIENT INSTRUCTIONS
10. Send patient instructions home with the patient.