

# PLEASE SEND HOME WITH THE PATIENT

## **Bledsoe *ARC* (Abduction Rotation Control) Shoulder Brace** **PATIENT REMOVAL AND RE-APPLICATION INSTRUCTIONS**

### REMOVAL INSTRUCTIONS



#### RELEASE THE TORSO STRAP

1. To release the torso strap, squeeze the two ratchet release levers and pull the strap from the buckle.



#### RELEASE THE SHOULDER STRAP

2. To release tension on the shoulder strap, press the center release button on the buckle. The strap will extend without detaching.



#### REMOVE THE SHOULDER STRAP

3. Lift the shoulder strap over your head.



#### REMOVE THE ARM

4. To remove your arm, slide it out the elbow end of the sling (arm cuff). Leaving the sling (arm cuff) connected to the torso band (abduction arc) will make it easy to re-apply later.

### RE-APPLICATION INSTRUCTIONS



#### INSERT ARM

1. Standing in front of a mirror may help the first time you re-apply your ARC brace. Slip your arm into the elbow end of the sling (arm cuff). Position the torso band on your side.



#### ATTACH THE TORSO STRAP

2. Reach behind and grasp the end of the torso strap. Connect the strap tab end to the front of the torso band.



#### PLACE THE SHOULDER STRAP

3. Lift the shoulder strap over your head.



#### FASTEN THE SHOULDER STRAP

4. Grasp the buckle end near your wrist and insert it into the other end of the buckle on the shoulder strap. The buckle will click as it is latched.

**WASHING INSTRUCTIONS**

**STRAPS AND CUFF SHOULD BE  
HAND WASHED ONLY**

**USING WARM WATER AND DETERGENT FOR  
DELICATE FABRICS  
(WOOLITE <sup>TM</sup>),  
TRIPLE RINSED, SQUEEZED,  
THEN LINE DRIED.**

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