

Bledsoe **ARC-XR** (Abduction Rotation Control - External Rotation) Shoulder Brace

Application Instructions & Patient Use Manual CP020225 Rev. A 11/05



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

From the family whose name means braces



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 postoperative 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 varying 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 multi-directional instability; nonsurgical management of the dislocated shoulder; Bankart lesions; posterior instabilities; 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:

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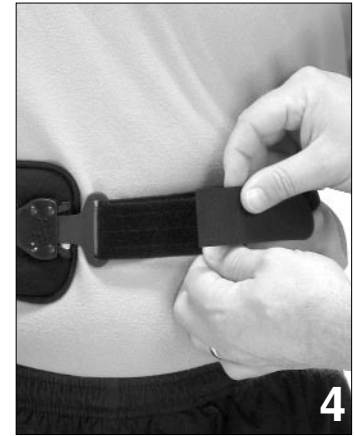
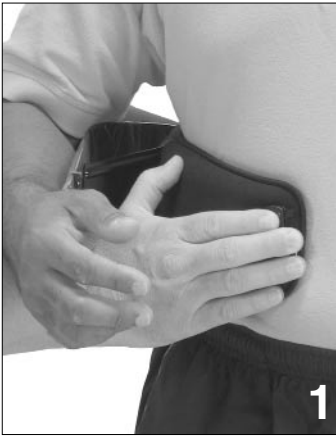
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For product information or questions pertaining to sales or service, please contact the sales representative in your area or the manufacturer.

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POSITION AND FORM THE ABDUCTION ARC

1. Position the abduction arc on the affected side of the body at the level of the elbow, assure that the label marked "front" is facing the front of the body. Be certain the arm support is in the neutral position, pointing straight forward. Shape the formable band to fit the patient's torso. This will eliminate excessive internal or external rotation.

FASTEN THE TORSO STRAP

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

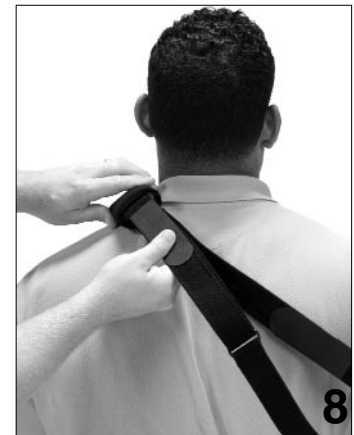
ADJUST AND TRIM THE TORSO STRAP

3. Remove the hook closure. Pull the strap to a comfortable tension. Trim the strap leaving four to six inches (10 - 15 cm) beyond the ratchet tab for further adjustment.

SECURE THE STRAP

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

The abduction arc is now in position.



APPLY THE ARM CUFF

5. Slip the arm into the cuff as shown in the illustration.

EXTEND THE SHOULDER STRAP LENGTH

6. Press the center release button on the buckle to allow for the full extension of the strap.

SHOULDER STRAP PLACEMENT

7. Lift the strap over the patient's head and refasten the buckle. The buckle will click when it is latched.

PREPARE THE UNDERARM STRAP

8. Slide the clip end of the underarm strap out of the shoulder pad.

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ATTACH THE UNDERARM STRAP
9. Pass the underarm strap under the arm and attach the clip to the ring inside the shoulder pad.

ADJUST THE SHOULDER STRAP
10. Adjust the shoulder strap from the backside of the arm sling. Tension the strap so that the ring in the shoulder pad is positioned just above the shoulder joint.

ADJUST THE UNDERARM STRAP
11. Adjust the underarm strap from the backside of the sling. Tension the strap to keep the shoulder pad off of the neck.

CUFF LENGTH
12. The arm cuff is packaged in its longest configuration. If a shorter length is desired, proceed to step 13 or 14. If no adjustment is desired, proceed to step 16.



TO SHORTEN THE CUFF TWO INCHES (5 cm)
13. If a shorter length is desired, lift the hook closure tabs on the front end of the cuff. Fold the cuff along the first prestitched fold line. Re-attach the hook closure tabs to the outside of the wrist support straps and proceed to step 16.

TO SHORTEN THE CUFF FOUR INCHES (10 cm)
14. Reposition the wrist support straps just behind the second prestitched fold line. As shown in above illustration.

FOLD AND SECURE THE CUFF
15. Lift the hook closure tabs at the front end of the cuff. Fold the cuff back along the second prestitched fold line. Re-attach the hook closure tabs to the inside of the cuff.

ADJUST THE HAND GRIP
16. Place the hand grip in the patient's hand and adjust to a comfortable position. The three tension straps for the hand grip are located on the bottom and each side of the arm cuff. Adjust the three straps by pulling back until the desired tension is applied. Re-attach the hook closures.

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

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NEUTRAL SHOULDER POSITION

17. If adjusting for internal or more than 15 degrees of external rotation, proceed immediately to step 19. With the patient's arm in the correct position, remove the rubber band and the plastic sleeve from the arm support.



SECURE ARM CUFF TO THE SUPPORT

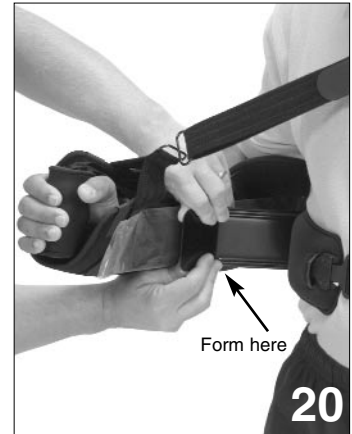
18. Assure a proper attachment by applying gentle pressure to both the arm cuff and the abduction arc strut.



ADJUST INTERNAL OR EXTERNAL ROTATION

19. Remove the rubber band from the arm support. **Do not remove the plastic sleeve at this time.** Reform the arm support and strut to the desired angle.

NOTE: It may be necessary to relieve tension on the front of the shoulder strap for greater external rotation. To relieve tension, slide the buckle down on the shoulder strap towards the wrist, only enough to gain desired external rotation.



FORM THE STRUT END

20. Form the end of the strut so that it is parallel (even) to the arm support.



SECURE ARM TO THE SUPPORT

19. Once the patient's arm is positioned correctly, remove the plastic sleeve from the arm support. Assure a proper attachment by applying gentle pressure to both the arm cuff and the abduction arc strut.

NOTE: Adjust the shoulder strap tension using the front hook closure on the shoulder strap. Trim as necessary. It may be necessary to adjust the tension on the underarm strap to keep the shoulder pad off the neck.

The ARC-XR brace is now ready for patient use.