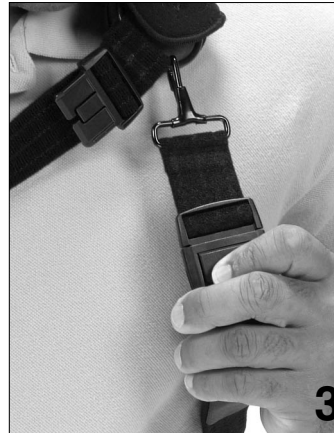


PLEASE SEND HOME WITH THE PATIENT

Bledsoe *ARC-XR*

(Abduction Rotation Control - External Rotation) Shoulder Brace

PATIENT 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.

RELEASE THE UNDERARM STRAP

3. To release the underarm strap, press the center release button on the buckle just in front of the shoulder. The strap will release without detaching from the brace.

MANEUVER THE UNDERARM STRAP

4. Slip the arm down through the underarm strap.

NOTE: It is not necessary to unhook the clip from the ring.



REMOVE THE SHOULDER STRAP

5. Lift the shoulder strap over your head.

REMOVE THE ARM

6. 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.

PLEASE SEND HOME WITH THE PATIENT

Bledsoe **ARC-XR**

(Abduction Rotation Control - External Rotation) Shoulder Brace

PATIENT RE-APPLICATION INSTRUCTIONS



INSERT ARM

1. Standing in front of a mirror may help the first time you re-apply your ARC-XR 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.



MANEUVER THE UNDERARM STRAP

4. Maneuver your arm behind your back and down through the underarm strap. Bring your arm forward allowing the strap to slide over the shoulder.



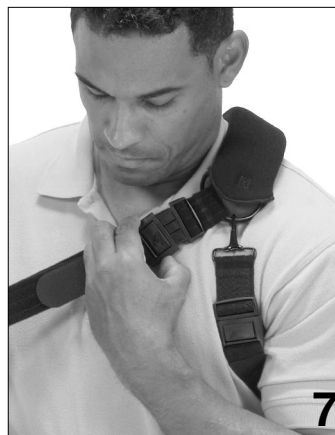
LOCATE THE BUCKLE

5. Slide your hand down the underarm strap to find the loose end of the buckle. Grasp the end of the buckle and pull it forward.



FASTEN THE UNDERARM STRAP

6. Insert the buckle end into the other end of the buckle on the underarm strap.



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™), TRIPLE RINSED, SQUEEZED, THEN LINE DRIED.