

topshelforthopedics.com  
Phone: 866.592.0488 • Fax: 209.834.8832  
Tracy, CA 95304  
1851 East Paradise Road, Suite A



**Caution:** Federal Law (USA) restricts this device for sale by or on the order of a licensed healthcare professional.

**Warranty:** Top Shelf Orthopedics guarantees this product to be free of defects in material or construction for the period of six months from the date of purchase.

**Warning:** This product is to be used under the supervision of a medical professional. This device is not intended for unsupervised public use. If you experience any pain, swelling, sensation changes, or any unusual reactions while wearing this product, consult your medical professional immediately.

**Use and Care:** Hand wash in cold water using mild soap, rinse thoroughly.

## Open Stable Sling SPS (Shoulder Positioning System)

### Instructions for Use

Please read these instructions completely and carefully before applying this product. Correct application is important for proper function of this product.



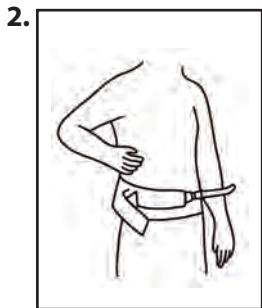
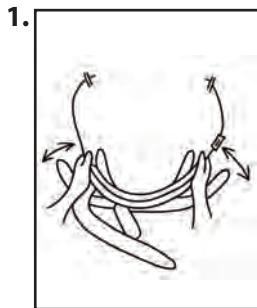
# The Open Stable Sling SPS

## Instructions for Use

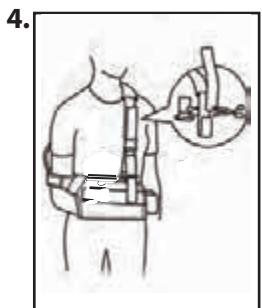
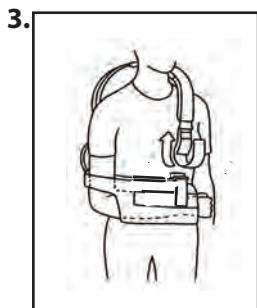
Please read these instructions completely and carefully before applying this product. Correct application is important for proper function of the brace.

**Indications:** Shoulder stabilization, post-op shoulder surgery, traumatic injuries to the shoulder, shoulder tendonitis, shoulder dislocation, glenohumeral instability and Bankart lesions.

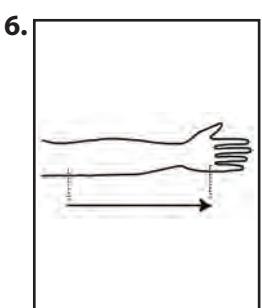
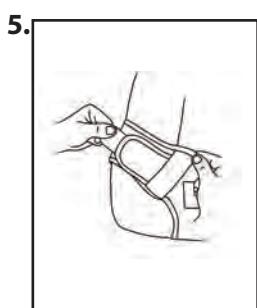
### Application Instructions:



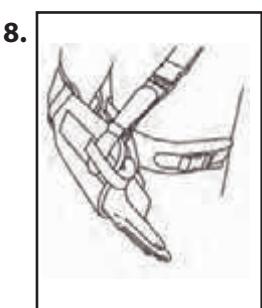
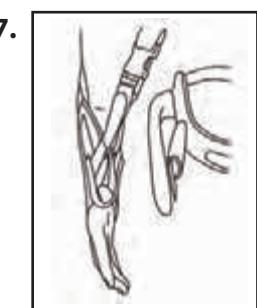
Form the rigid abduction band to the contour of the waist on the affected side and adjust the waist strap to the desired length and tension so that the device remains in place. Cut the excess material at the waist strap and re-attach the Y-tab Velcro. See Figures 1 and 2.



Slip the shoulder strap over your head, positioning the sling over the affected shoulder. Detach one side of the Velcro strap that is midway on the sling pouch to allow you to open up the sleeve and insert your arm. Place your arm in the sling pouch with your elbow tucked into the corner and position your thumb to your comfort.



A medical professional will adjust the length of the shoulder strap. Extra length may be trimmed by removing the Y-tab Velcro piece, cutting off the extra, then re-applying the Y-tab Velcro. Minor adjustments may be made to front of the strap below the buckle.

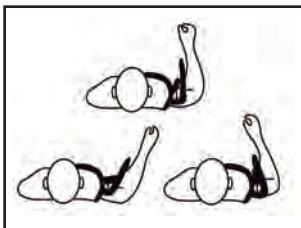


Lift the Velcro tabs on both sides of the elbow and evenly adjust to a snug fit. The front edge of the sling should be between the base of the fifth (pinky) finger and the wrist.

Illustrations are for the right shoulder, reverse for the left.

## Adjust Rotation of the Rigid Device

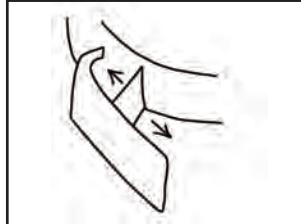
9.



Internal, neutral and external rotation can be accomplished by adjusting the flexible portion of the rigid abduction band. Adjust flat (internal), partially extended (external) and secure it to the shorter support to provide stability to the outstretched arm. See figure 9.

## Adjust Abduction of the Rigid Device

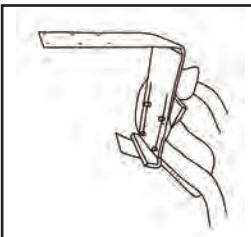
10.



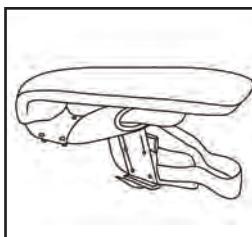
Abduction can be modified by increasing the distance between the bendable torso portion and the sling pocket. Creating a wider curve can add to the abduction angle. Once the desired abduction is achieved, secure the shorter support to the undersurface of the long support to prevent it from collapsing towards the waist.

## Abduction Range of Motion from 45 to 90 Degrees

11.



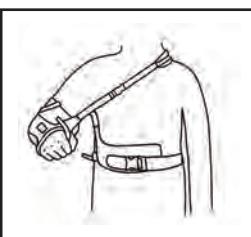
12.



To install the rigid abduction bracket. Pull back cover on Rigid Waist band and remove the Rigid Abduction band by removing the four screws and nuts. Using the same screws and nuts, replace with the *slotted* end of the 90 Degree Rigid Abduction bracket. See Figure 11.

Use the additional provided four screw and nuts, attach the Rigid Abduction Band to the other end of the 90 degree Rigid Abduction Bracket. See Figure 12.

13.



14.

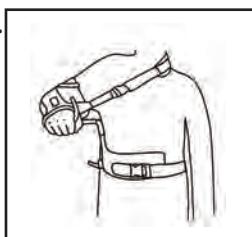


Figure 13 shows a middle upward abduction position, wherein the shoulder is abducted about 45 degrees upward from neutral abduction position.

Figure 14 shows a greater external rotation position, wherein the shoulder is abducted about 90 degrees upward from neutral position. The degrees of abduction may be determined by the extent to which the abduction support is splayed.

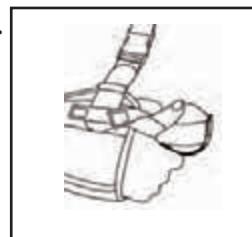
## Step Down Options

The Open Stable Sling SPS allows for step down options from the shoulder positioning protocol. The options are for comfort or for sleeping as determined by a medical professional.

15.



16.



## The Open Stable Sling with Waist Strap

Secure the optional waist strap by affixing the non-buckle end to the inside of the sling pouch at the elbow. Wrap the strap around the back and secure the buckle end to the front of the inside sling pouch. See Figure 17.

For optional thumb positioning see Figure 18.