

# VERSA-SLING<sup>®</sup> Abduction/Rotation Sling

Please read the following instructions carefully and completely before use. Correct application is required to ensure proper function of the device.

**Intended for single patient use.**



**WARNING:** If your pain increases or persists or you experience any unusual reactions while using this product, consult your healthcare provider immediately.

## APPLICATION INSTRUCTIONS

### Arm Sling Only

1. Slide affected arm into sling pouch (A) with shoulder strap clip (B) detached and the front panel open. Position elbow snugly into the back corner. (Figure 1)
2. Wrap shoulder strap (C) diagonally across your back and over your unaffected shoulder.
3. Attach Y-hook connector (D) at the end of the sling strap to the sling pouch (A). (Figure 1) Adjust the hook and loop on the shoulder strap to the proper length. The strap can be cut if desired.
4. Position neck strap cushion (E) to proper place. (Figure 4)

### Rectangle Wedge Pillow Application Instructions

1. Place rectangle wedge pillow (G) between affected arm and waist ensuring the buckle (H) is in the front. (Figure 2)
2. Wrap strap (I) around waist like a belt and secure hook (J) to pillow. (Figure 3)
4. Use the hook and loop closures located at both ends of the waist strap (I) to adjust length.
5. Move pillow (G) forward or backward to achieve desired internal or external rotation.
6. Press and secure the sling pouch (A) to the hook strip located on the side to the pillow (G).

### De-Rotation Wedge Application Instructions

1. Take apart the two pillow pieces (G) and place “flat to flat” surface with the double sided hook to create the de-rotation wedge. (Figure 4)
2. Place de-rotation wedge (G) between affected arm and waist ensuring the buckle (H) is in the front. Wrap strap (I) around waist like a belt and secure hook (J) to pillow. (Figure 4)
4. Use the hook and loop closures located at both ends of the waist strap (I) to adjust length.
5. Move pillow (G) forward or backward to achieve desired internal or external rotation.
6. Press and secure the sling pouch (A) to the hook strip located on the side to the pillow (G).

**NOTE:** Swathe (F) can be used to support and protect the shoulder/upper extremity if needed. Wrap the swathe (F) around the outside of the affected arm, along the rib cage, around the back, and under the unaffected arm. Secure the swathe (D) back onto itself with hook closure. (Figure 5)

**NOTE:** The strap Y-hook connectors can be placed across the pillow component edges for stability if needed.

**NOTE:** The waist strap (J) can be trimmed. Detach the Y-hook connector from the non-buckle end of strap, cut strap to desired length, and reattach the connector.

### Exercise Ball



**WARNING:** Use exercise ball (K) as directed by your healthcare provider. (Figure 6)

**NOTE:** Please refer to sew-in label on device for care instructions.

Please visit our website at [www.birdcronin.com](http://www.birdcronin.com) for additional product and warranty information or contact a customer care representative at 800-328-1095.

**NOTE:** This device is only one element in the overall treatment program administered by a medical professional. While every effort has been made to obtain the maximum compatibility of function, strength, durability and comfort, there is no guarantee that injury will be prevented through the use of this product.



Figure 1

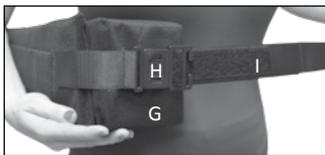


Figure 2

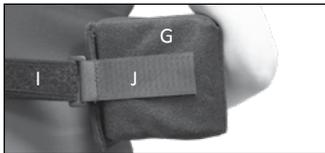


Figure 3



Figure 4



Figure 5



Figure 6