

DONJOY®

X-ACT FIT™ SHOULDER

Patient quick start guide

INTENDED USER PROFILE:

The user should be able to read and understand the directions, warnings, and cautions.

BEFORE USING THE DEVICE, PLEASE READ THE INSTRUCTIONS FOR USE COMPLETELY AND CAREFULLY. CORRECT APPLICATION IS VITAL TO THE PROPER FUNCTIONING OF THE DEVICE.



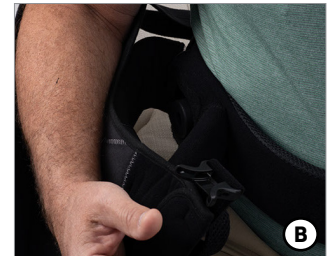
Brace Removal:

While seated on a bed or couch, rest arm on pillows or surface that will support arm once brace is removed. Remove Bicep (i), Forearm (ii) and Thumb (iii) straps from Arm Sling Envelope then detach Quick Release Buckles (iv) from front of Arm Sling. (Fig A) Disengage the Waist Belt Closure Mitt (v). Gently remove forearm from Arm Sling.

Shoulder Brace Reapplication:

Step 1. Position Waist Bar

While seated on a couch or bed, make sure the abduction bar is on injured side and positioned at waist or hip level. If needed, use pillows or another surface to maintain position of brace for reapplication. (Fig B)



Step 2. Secure Waist Belt

Bring the Waist Belt around back and use the Waist Belt Closure Mitt to secure the waist belt to the front of waist bar. (Fig C) Use the Belt Adjustment Strap to cinch waist belt as needed for a secure fit. (Fig D)

Step 3. Apply Arm Sling

Place forearm into sling with elbow as far back in envelope as possible. Bring Shoulder strap around neck and secure Quick Release Buckles at front of sling. (Fig E) Secure Thumb, Forearm and Bicep straps to sling envelope. (Fig F)

CLEANING INSTRUCTIONS

Separate the rigid components from the soft goods prior to cleaning. Hand wash in water (30°C/86°F) using mild soap. Air dry. NOTE: if not rinsed thoroughly, residual soap may cause irritation and deteriorate material. Do NOT iron. Do NOT tumble dry. Do NOT bleach.

WARNINGS AND CAUTIONS:

If you experience any pain, swelling, sensation changes, or any unusual reactions while using this product, consult your medical professional immediately.



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