

## Portable Shoulder Brace



### HOW TO USE

**Place cold packs in refrigerator for at least 2-hours prior to first use**

1. Remove the Shoulder Brace from the bag and lay flat with the inside of the brace facing you (you will see a cold pack Velcroed to the inside of the brace).
2. There are 3 straps on the Shoulder Brace.
  - a. The Large Top Strap that runs through two belt loops on either side of the brace.
  - b. The Middle Strap with **RED** Velcro.
  - c. The Bottom Strap with **BLUE** Velcro.
3. Undo one side of the Large Top Strap from itself and slide through belt loop. (Be mindful that the side you undo will be the end of the strap that will run across your chest, back through the belt loop, and Velcro back onto itself).
4. Undo the Middle and Bottom Straps.

5. Apply the Shoulder Brace to the injured shoulder.



6. Run the Large Top Strap behind your back, underneath your armpit, and across your chest to the front belt loop. Run the Large Top Strap through the belt loop and then Velcro it onto itself.



7. Secure the color-coded straps accordingly:
  - a. Apply the Middle Strap (**RED** Velcro) around your upper arm and Velcro onto brace.
  - b. Apply the Bottom Strap (**BLUE** Velcro) above your elbow and Velcro onto brace.



8. To obtain compression, make sure the arrow on the outside of the brace is pointed towards **ON**. Squeeze the black rubber bulb at the end of the hose until a desired level of comfortable compression is reached.



- a. You can release the compression by pressing the release valve (**BLACK** button) near the rubber bulb.

***Wear as frequently as desired while ambulating and then return cold pack to refrigerator.***