



**THUASNE**

**Shoulder Sling Elite**



## Post-op Bracing Initial Fitting Guide

The Townsend Elite Sling is a universal post operative solution that provides immobilization for rotator cuff repairs, capsular shifts, glenohumeral, dislocations, Bankhart repairs, subluxation, soft tissue repairs and strains. For convenience purposes, Townsend recommends that all post-operative devices be fit pre-operatively.



### POSITIONING THE ABDUCTION PILLOW

The universal abduction pillow should be positioned with the recessed area next to the waist line. This pillow position will aid in maintaining a more neutral arm alignment.



### ATTACHING THE SLING TO THE PILLOW

The sling is constructed with a Velcro sensitive loop material. This will allow for right or left arm positioning by simply flipping the sling to accommodate the affected arm.



### ADJUSTING THE WAIST AND SHOULDER STRAP

First, correctly establish the proper length of the waist strap. The waist strap has been designed to be long enough to accommodate all patients. The strap (attached to both ends of the abduction pillow) length can be shortened by adjusting the strap from either end. We suggest the adjustment to be made at the back of the abduction pillow; this will eliminate the necessity of any additional adjustments. Please follow the same procedure when adjusting the shoulder strap. Once the strap lengths have been determined by a qualified fitter, slight adjustments to increase comfort and function can be completed by the patient.



### USING THE QUICK-RELEASE BUCKLES

Once both waist and shoulder strap ends have been adjusted appropriately, the quickrelease buckles can be used to to apply and take off the pillow and sling. For convenience purposes, make sure the buckle on the abduction pillow is facing the patient's front side. This can be accomplished by flipping the pillow to coincide with the affected arm.



### APPLYING THE ORTHOSIS

We suggest the patient always secure the Townsend Elite Sling to the waist first using the quick-release buckle; this will allow the patient to use their unaffected arm to aid in the application process. The abduction pillow should be positioned on the patient's side to prevent too much pronation or supination of the arm. Place the patient's arm in the sling, securing the arm position with the Velcro closure at the top of the sling. The thumb strap can be adjusted as needed. The patient can simply slip the strap over their head and fasten the quick-release buckle into the female clip. Strap tension can be adjusted by sliding the Velcro tab up or down the shoulder strap. For more comfort, make sure the shoulder strap padding is positioned on the neck and shoulder area. The exercise ball and holder can also be repositioned or removed

