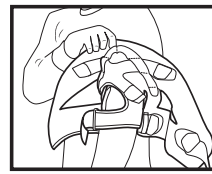


# ULTRA SHOULDER SUPPORT with stability control

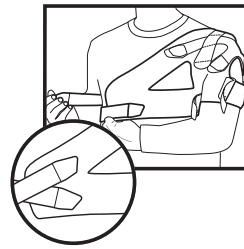
1

The support is designed to fit on either shoulder. Prior to fitting, the X-Fit® strap should be in position [attached without tension] with "X" located over upper arm [just below shoulder], with the upper/long X-Fit® straps passing thru center openings in the strap retention stabilizer [on front & back of support]. Prior to putting on, the chest wrap strap on the side of the shoulder to be fitted should be attached to the front and back of support. The two chest wrap straps on the opposite side should only be attached to the back prior to putting on. Position support on shoulder with arm placed through lose arm strap.



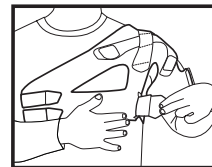
2

Check for proper position of support on shoulder and upper arm [curved shape of wrap should align with shoulder point]. Attach the two chest wrap straps around side to front of support with desired fit and compression. The two straps can be wrapped and attached in parallel, or a crossed position for personal preference of fit. Check that bottom edge of support is horizontal and the chest wrap straps are attached in locations which will maintain a proper position of the support on upper torso.



3

Adjust chest wrap strap on fitted shoulder side as needed to properly align position of support on shoulder. Continue adjusting all of the chest wrap straps until position of support aligns well with shoulder and feels comfortably positioned on upper torso. If range of fit for any of the chest wrap straps isn't adequate, remove support and adjust the attachment point of the straps on the back side of support [to allow for straps to be shorter, or longer on front as needed] and repeat steps one and two to establish the proper fit. The attachment of the chest wrap straps should provide a compression fit, but not be uncomfortably tight.



4

The arm strap can be used to provide two different fitting configurations:

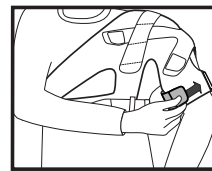
**Configuration A [range of arm motion not limited – arm strap not connected to chest strap]**

Wrap and tighten arm strap by pulling strap around arm until a moderate compression fit is established and attach self-stick strap end. The arm strap should be comfortably tight without inhibiting circulation.

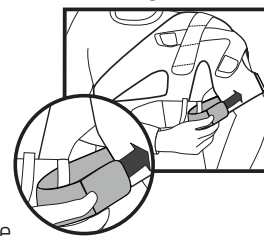
**Configuration B [range of arm motion is limited – arm strap connected to chest strap]**

Pass the arm strap through the webbing loop located on the center of the chest wrap strap prior to wrapping and attaching the arm strap to the arm. Pull the strap around the arm until the amount of restricted range of motion is achieved and attach the self-stick strap end to the arm. To achieve the most restrictive range of motion, the arm strap can be passed through the additional webbing loop that the chest strap passes through at the front of the support [this limits the motion of the arm the most and holds the arm in closely with the body]. The connection of the arm strap to the webbing loops will limit the range of motion of the arm, allowing for comfortably controlled limitation, but does not provide an absolute stop to arm movement due to the elastic materials of the support.

Configuration A

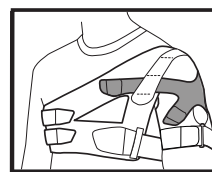
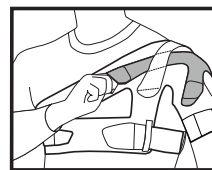


Configuration B



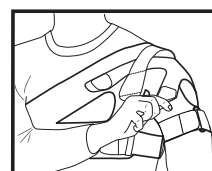
5

Adjust upper/long X-Fit® strap ends on shoulder by pulling strap through strap retention stabilizer and attaching to support. The tension on all four of the X-Fit® strap ends should be adjusted to provide compression to the shoulder. Alternate X-Fit® strap position: If a lower compression on the shoulder is desired, the X-Fit® strap can be positioned lower on the shoulder/upper arm. If this is desired, the X-Fit® strap should be completely detached from the support and reattached with the upper/longer two straps placed through the lower openings in the strap retention stabilizer.



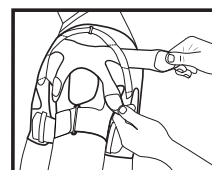
6

The tension on all four of the X-Fit™ strap ends should be adjusted to provide desired compression to the shoulder.



7

For the most balanced X-Fit™ strap adjustment, the help of another person is required to assist with the strap ends that extend to the backside.



8

Make a thorough evaluation of compression and range of motion that has been established. Readjust X-Fit™ strap and utilize/adjust the connection of the arm strap to the chest strap as needed. During extended time of use further readjustment may be required to maintain preferred compression and limits on the range of motion of the arm.

