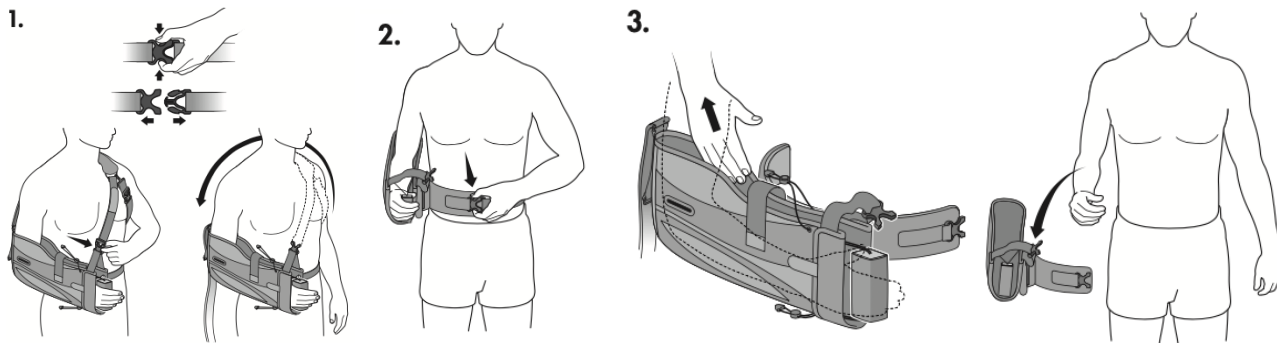




SLING INFORMATION: ARC® 2.0

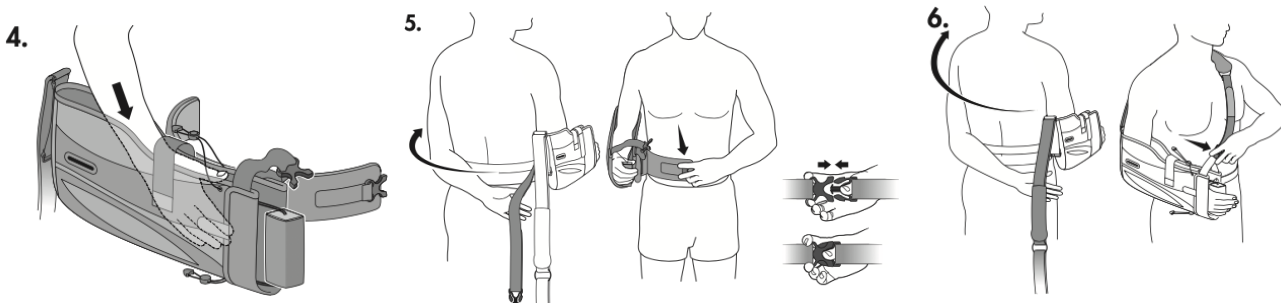
The following are instructions on the use of the sling, the Breg ARC® 2.0. This type of sling is used because it optimally positions the arm for comfort and healing. It also allows positioning the hand in front of you for simple activities. This device has adjustable straps and an adjustable wrist support to properly fit your arm.

Removing the ARC® 2.0 sling



1. Release the buckle of the shoulder strap, and let it slide off the back shoulder.
2. Release the buckle of the ARC torso strap, and let it fall behind the back. Leave the ARC attached to the arm sling.
3. Remove the sling and ARC as one unit from the affected arm. Leave the sling and ARC attached to each other for re-application later.

Reapplying the ARC® 2.0 sling



4. Slip affected arm into the arm sling. The arm sling and ARC should still be attached to one another.
5. With unaffected arm (or with assistance), reach behind your back and pull the ARC torso strap around to the front and attach the buckle at the front.



6. With the unaffected arm (or with assistance), reach behind your back and pull the shoulder strap around to the front and insert the buckle into the wrist support strap of the arm sling.

Converting to a standard arm sling

Depending on your circumstances, some patients may safely remove the ARC portion of the device. This can be done by separating the Velcro attachments between the ARC and the arm sling, and removing the ARC altogether. Here, the arm sling is similar to a standard one off the shelf and may be easier to use for patients who do not require more formal protection of the shoulder for healing. Please check with Dr. Obermeyer or his team first before performing this modification.

