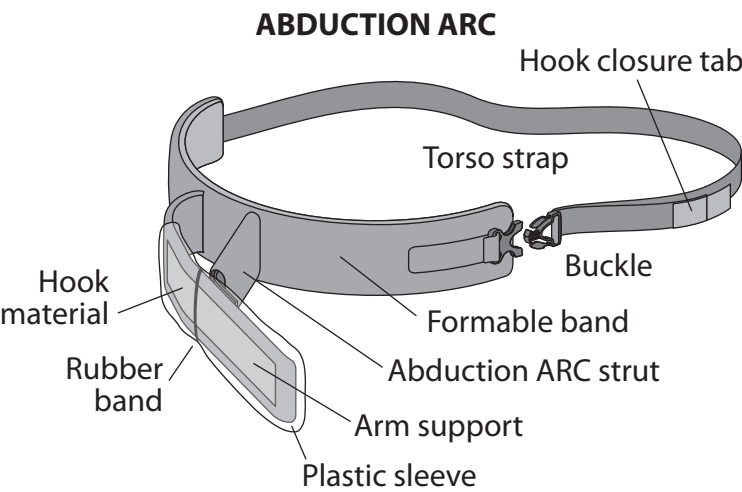
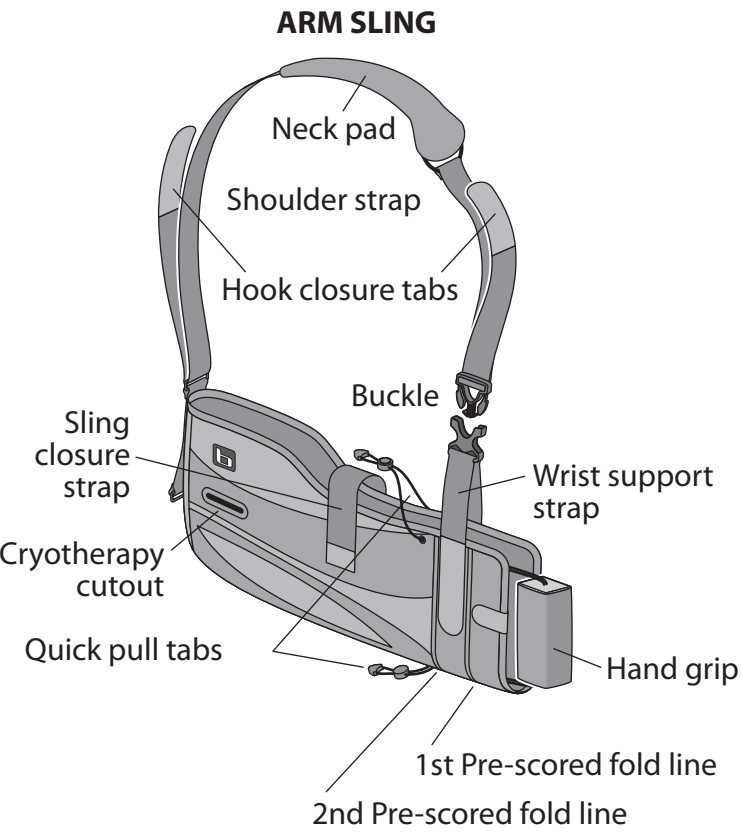




# ARC 2.0

## Application Instructions

CP020267 Rev A 09/11



For product information or questions pertaining to sales or service, please contact Bledsoe Brace Systems™.

Manufactured by:  
Bledsoe Brace Systems™  
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Toll Free Tel.1.888.BLED SOE (253.3763)  
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Local FAX 972.660.5495  
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www.BledsoeBrace.com

EUROPEAN AUTHORIZED REPRESENTATIVE



This device is offered for sale by or on the order of a physician or other qualified medical professional. This device is not intended for reuse on a second patient or for extended use beyond 180 days.

**INDICATIONS:** For non-surgical or post-operative support and immobilization of the injured shoulder when varying degrees of internal rotation, external rotation and abduction are required. Positions include gunslinger, neutral plane, and statue of liberty.

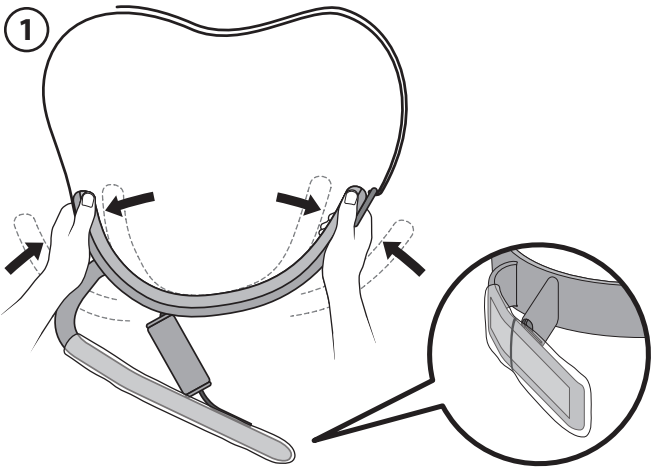
**CAUTION:** Activity modification and proper rehabilitation are an essential part of a safe treatment program. If any additional pain or other symptoms occur while using this device, discontinue use and seek medical attention.

**CAUTION:** This device is not intended to prevent injury, or reduce or eliminate the risk of re-injury.

**CAUTION:** This device has been developed for the indications listed above, and may be damaged by unusual activities such as sports, falls, or other accidents. Do not leave this device in a car on a hot day, or in any other place where the temperature may exceed 150F (65 C.) for any extended period of time. To avoid the risk of accident and possible injury to the patient, discontinue use if such an incident has occurred.

**WARRANTY:** This device is warranted to be free from defects in material and workmanship for a period of 90 days. These warranties apply to devices that have not been modified or subjected to misuse, abuse or neglect. This device is expressly subject to Bledsoe's Product Line Limited Warranty. Copies of this limited warranty can be obtained from your medical professional, via the internet at [www.BledsoeBrace.com](http://www.BledsoeBrace.com), or by calling 1-888-BLED SOE (253- 3763).

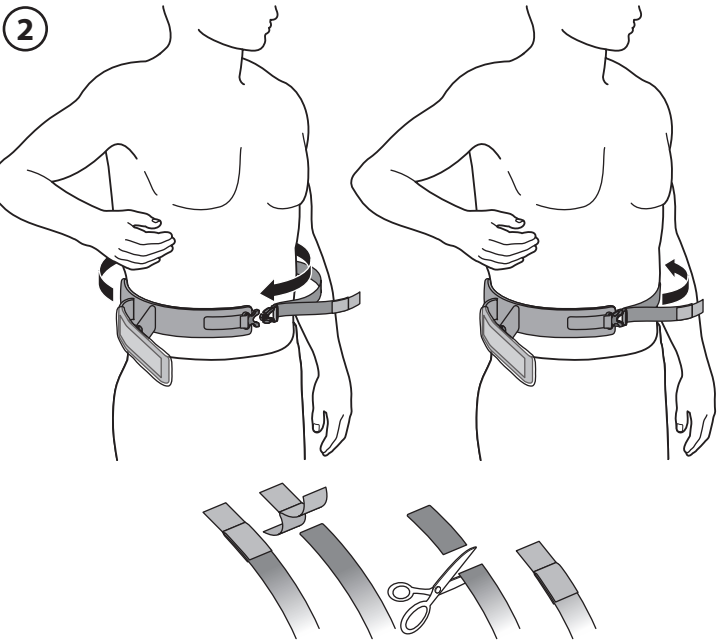
## TO APPLY THE ARC 2.0



### FORM THE ABDUCTION ARC

Shape the formable band to fit the torso.

NOTE : Leave the plastic sleeve in place until step 8.



### EXAMPLE: RIGHT SHOULDER

#### POSITION THE ABDUCTION ARC

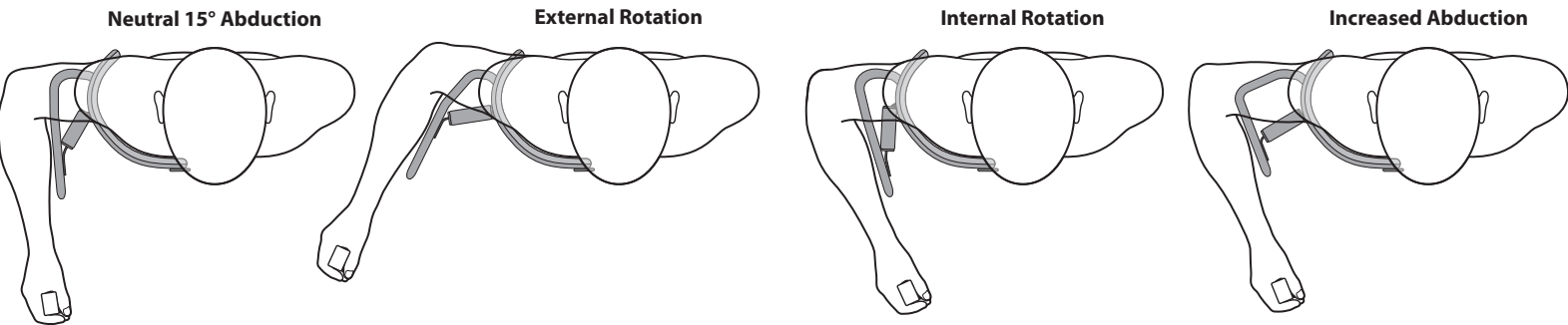
Position the abduction arc on the affected side of the body at the level of the elbow. Make sure the buckle is at the front of the body. Pass the torso strap around the body. Fasten and adjust the torso strap. The arm support should be in the neutral position, pointing straight forward.

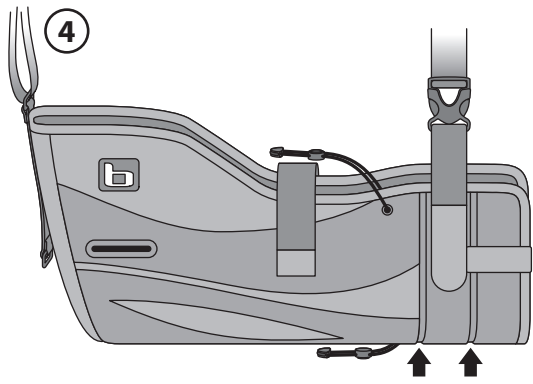
NOTE : Excess strap may be trimmed if necessary.

## 3

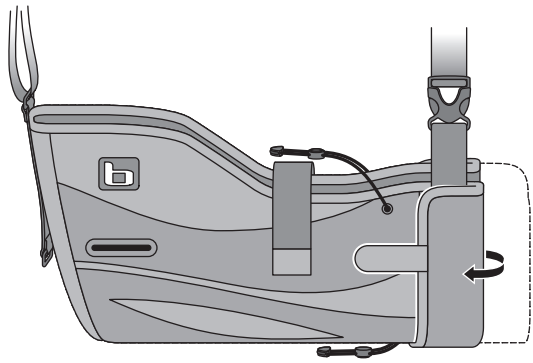
### ARM POSITIONS

Shape the formable arc strut and arm supports to the desired position.

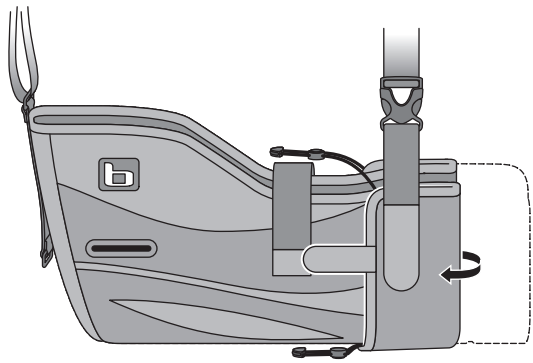




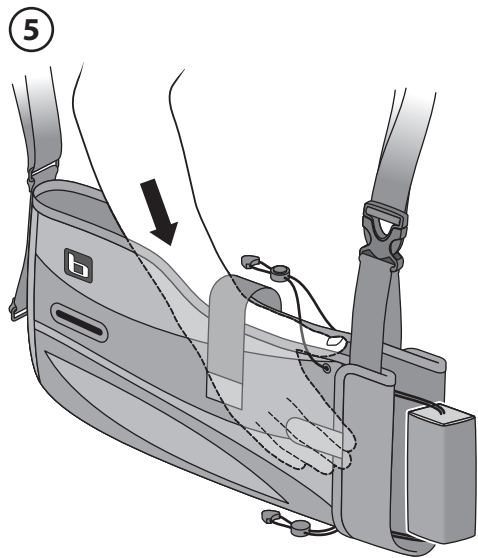
**ADJUST THE ARM SLING LENGTH**  
LARGE SIZE: The arm sling is packaged in its longest configuration or largest size. If no adjustment is desired, proceed to step 5.



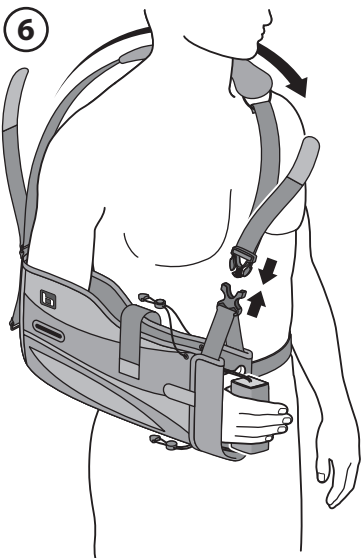
MEDIUM SIZE: To shorten the arm sling for a medium size, lift the hook closure tabs on the front end of the arm sling. Fold the arm sling along the first pre-scored fold line. Reattach the hook closure tabs.



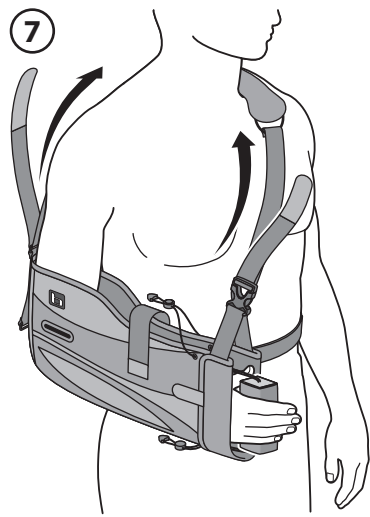
SMALL SIZE: To shorten the arm sling for a small size, lift the hook closure tabs on the front end of the arm sling. Fold the arm sling along the second pre-scored fold line. Reattach the hook closure tabs.



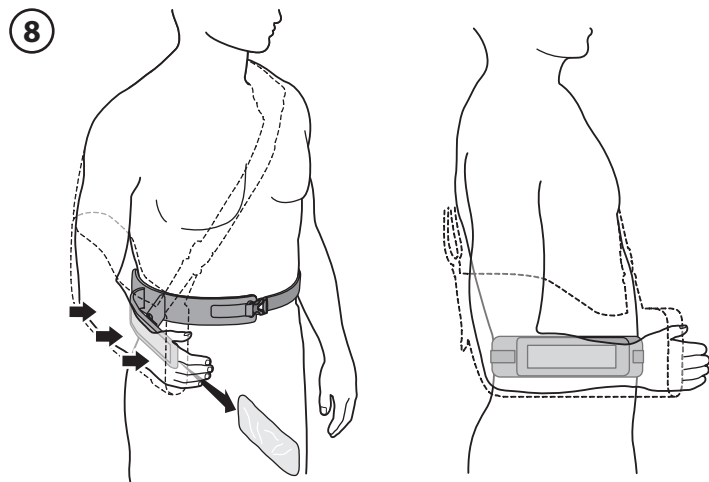
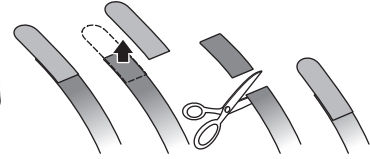
**APPLY THE ARM SLING**  
Slip arm in sling ensuring the elbow is resting in the bend of sling.



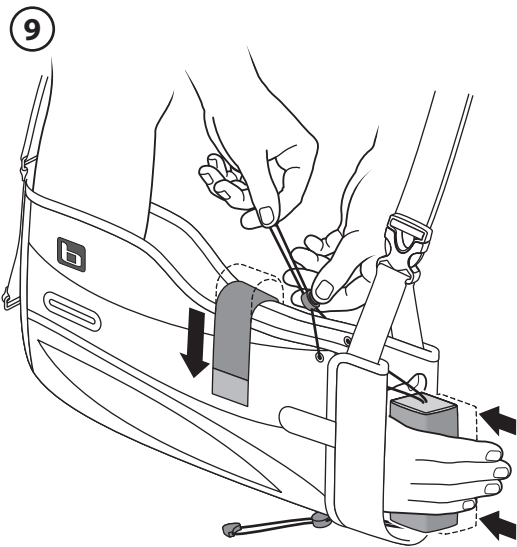
**SECURE THE SHOULDER STRAP**  
Pass the shoulder strap over the shoulder and insert the buckle at the wrist support strap.



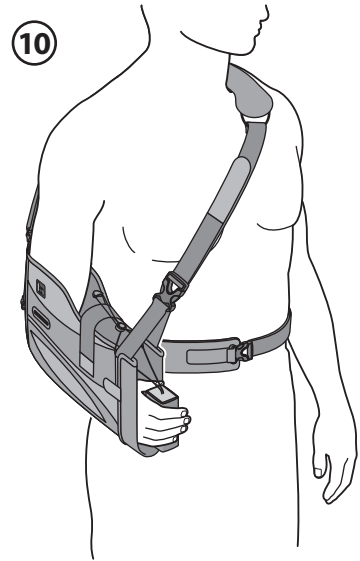
**SHOULDER STRAP ADJUSTMENT**  
Adjust shoulder strap at the front and back by loosening the hook closures and pulling the strap ends to a comfortable tension.  
  
NOTE : Excess shoulder strap may be trimmed if necessary. Delay trimming if adjusting for external rotation; see the *Underarm Strap Application Instruction Sheet*.



**POSITION AND ATTACH THE ARM SLING TO THE ABDUCTION ARC**  
Position the sling so that the elbow is 2-3 inches behind the bend in the arm support, remove the plastic sleeve and press the sling onto the hook material so that it is secured to the arm support.



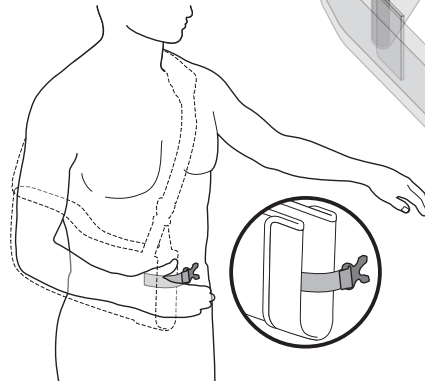
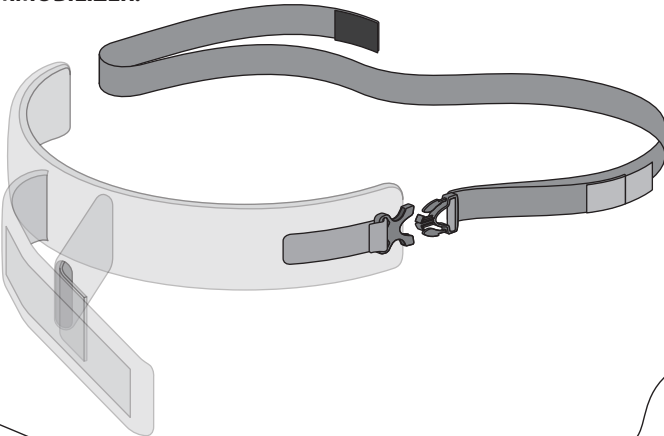
**ADJUST THE HAND GRIP AND SLING CLOSURE STRAP**  
Place hand grip hand of affected arm. Adjust the two elastic tension cords, top and bottom, by pressing the buttons on the sliding locks and pulling the cords back to a comfortable position, release the buttons to hold the tension.



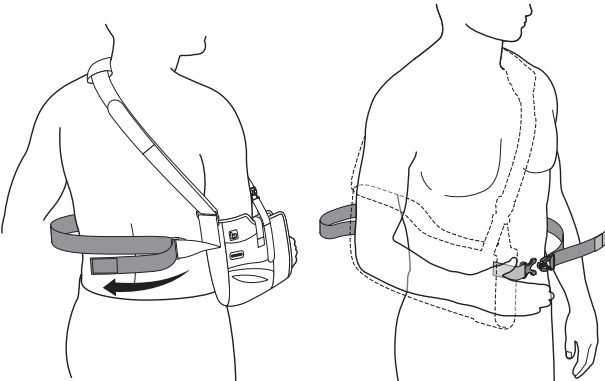
**FINAL ADJUSTMENTS**  
Adjust the shoulder strap at the front and back if necessary.

**CONVERSION TO SHOULDER IMMOBILIZER:**

Detach hook and strap at the back of the Abduction ARC. Remove the hook and complete buckle at the front without disengaging the buckle.  
  
NOTE : Excess strap may be trimmed if necessary.



Attach the hook end with the buckle to the inside of the arm sling (as shown).



Pass the torso strap around the opposite side of the body and through the extra d-ring at the back of the arm sling. Loosen hook closures at either end of the strap and pull strap ends, front and back, to a comfortable tension. Refasten the closures.