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Ranger™ Shoulder Pillow w/Sling Application Instructions

Sizing and Applying the Sling

Shoulder sling features a universal design that accommodates a wide variety of patients, fitting a forearm length from 9"-20". Length is measured from wrist to elbow. Sling comes shipped as a typical medium right arm sling.

1. Sizing Sling Length and Thumb Loop

A. Release front hook closure at shoulder strap buckle. Adjust sling length by removing the forearm section and reapplying in the desired position.

B. Proper fit: Edge of sling should extend to first knuckle (PIP joint) on the pinkie finger, ensure elbow is positioned as far back in the pocket as possible.

C. Release thumb loop strap and align bottom fold of strap with third metacarpal.

D. Thumb should rest comfortably inside loop when properly fit.

E. Hand should rest fully along the bottom of the sling and never be suspended by the thumb loop.

F. Trim excess strap and secure to hook at top.

G. Reapply front hook closure to secure the front panel for use.



2. Applying the Sling

Sling is configured for use on the right arm/shoulder. For left arm application: properly orient sling, unbuckle strap at wrist end of sling and rotate before reinserting. Check that strap is not twisted and that front shoulder strap hook adjustment is accessible from front of strap.

A. Ensure that any open wounds and/or surgical sites are properly covered before applying the sling.

B. Release top hook closure at shoulder strap buckle allowing front panel of sling to open fully. While supporting affected arm at 90°, gently place arm into sling with elbow positioned as far back as possible in sling pocket.

C. Edge of sling should extend to first knuckle (PIP joint) on the pinkie finger. Adjust sling length as needed for an optimal fit (see Sizing the Sling at left for details).

D. Position thumb loop to help maintain wrist and hand in a neutral position. Secure hook closure to front panel of sling.



3. Adjusting Strap Lengths



A. There are two adjustment points for sling shoulder strap length. Large adjustments should be made at the elbow end of the strap (backside). After initial fit this closure is typically not adjusted. A more precise fit can be controlled by the front tab adjustment.

B. On the front strap, release the hook closure and tighten the strap until the arm is positioned at approximately 90°.

C. Slide the padded neck tube along the strap until it is in the optimal position for patient comfort.

D. Final adjustments to the shoulder strap length should be made once the abduction pillow is in place.

Pillow Application

1. Fitting the Pillow

A. Remove the 2" x 9" mesh strap and set aside.

B. Orient pillow so that curved surface is toward body and exercise ball is at front of pillow. For use on left arm remove elastic ball holder and rotate 180°, reattach to front end of pillow.

C. Apply foam pillow at patient's waist on their affected side. Wrap strap around the patient's waist and secure buckle at the front of pillow.



2. Securing Sling and Pillow

- A.** Pillow is designed to place the arm in approximately 15° of abduction. The foam pillow may be adjusted by sliding it forward or back along the patient's waistline to achieve desired internal or external rotation as specified by the physician or other qualified healthcare provider.
- B.** Once the pillow is properly located, attach the sling to the foam pillow by securing the hook and loop portions together.
- C.** Secure the pillow to the sling by reapplying the 2" x 9" mesh strap across the top of the sling. Locate close to the elbow to help prevent the arm from sliding forward in the sling.
- D.** If the foam block can be easily pushed down, tighten waist strap. Strap should be snug but not cause discomfort.

Converting to Shoulder Immobilizer

This product can also be stepped-down to a shoulder immobilizer. Use as a shoulder immobilizer should only be at the direction of the patient's physician or other qualified healthcare provider.

1. Pillow Removal

- A.** Remove waist strap from pillow by releasing the hook fastener attached to the front end of the waistband.
- B.** At the opposite end of the waist strap, release the hook fastener and thread the strap out through the plastic buckle.
- C.** Remove waistband from sling by detaching the hook and loop fasteners. 2" x 9" mesh strap should now be secured to the front and back sling panels close to the upper arm.



2. Attaching Strap to Sling

- A.** Locate webbing loop on the back end of the sling.
- B.** Thread hook end of strap through the webbing loop and secure back onto the strap.



3. Final Waist Strap Fit

- A.** Wrap strap around the patient's waist and secure the hook fastener to the front sling panel.
- B.** Adjust waist strap length as needed for a secure fit. Strap should be snug but not cause discomfort.



Care instructions

Sling should be hand washed only using warm water and detergent for delicate fabrics, repeatedly rinsed and line dried only. Do not use bleach or place in a dryer. Waistband can be surface washed using warm water and a detergent for delicate fabrics or wiped clean with a mild disinfectant. Do not immerse waistband in liquids.

Caution

This product has been designed and tested based on single patient use only. It should never be used by multiple patients. If additional pain, swelling or symptoms occur while using the device, seek medical attention. Product should be applied by a licensed or certified healthcare practitioner and as prescribed by a physician or other qualified medical authority.

Indications

Indicated for protocols involving shoulder immobilization in external rotation to help reduce the incidence of recurrent dislocation.

Warranty

Products manufactured by Corflex are warranted to the original purchaser against defects in workmanship and material for the life of the product. The foregoing warranty shall not apply to normal wear and tear; or if the product has been subjected to misuse or misapplication the warranty will be voided at the discretion of Corflex.

To Reorder

Product Number

	UNIV
Ranger Pillow w/Sling	23-2060

Sizing: Fits waist circumference of 24"-48". Sling fits forearm length from 9"-20", length is measured from wrist to elbow.

