

# DONJOY® SULLY® SHOULDER STABILIZER

## Patient Application Instructions



BEFORE USING THE DEVICE, PLEASE READ THE **INSTRUCTIONS FOR USE** COMPLETELY AND CAREFULLY. CORRECT APPLICATION IS VITAL TO THE PROPER FUNCTIONING OF THE DEVICE.

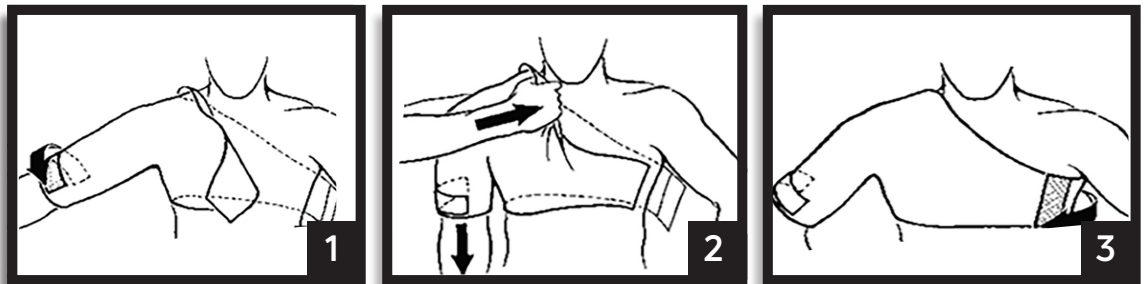
### APPLICATION INFORMATION:

#### Applying the Sully®

1. Place the involved arm in the sleeve of the Sully®. Attach the hook-and-loop strap snugly just above the elbow.
2. Hold the garment in place while the athlete pushes the arm down into the Sully® to assure good contact between the neoprene and the skin.
3. Close the garment using the hook-and-loop closure under the opposite arm to provide a comfortable but snug fit.

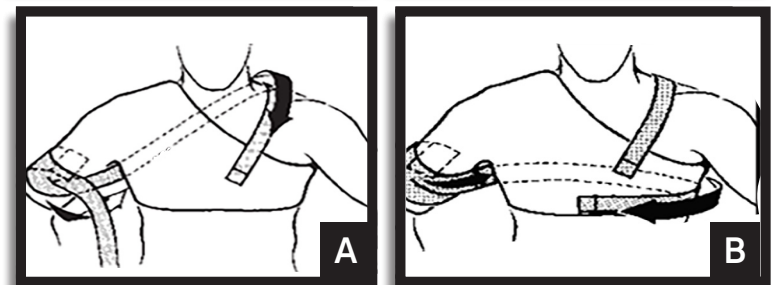
#### Anterior Instabilities

- A. Attach the fixed hook-and-loop end of the bifurcated (split) strap to the aspect of the involved arm. Pull the lower strap (A) under the axilla, behind the back and over the opposite shoulder. Cut strap to length and secure with hook-and-loop closure.
- B. Put the upper portion of the bifurcated strap (B) under the axilla, behind the back and around to the front of the body. Cut strap to length and secure with hook-and-loop closure. Check for desired levels of mobility and stability. Adjust straps as needed.



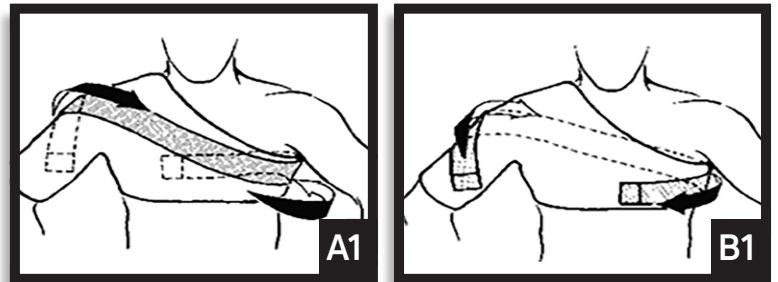
#### Multi-Directional Instabilities

- A1. Attach the fixed hook-and-loop end of one 4" strap (A1) to the medial and posterior aspect of the involved arm. Pull the strap superiorly just distal to the acromion process. Bring the strap across the chest then around to the back. Cut strap to length and secure with hook-and-loop closure.
- B1. Attach the fixed hook-and-loop end of the second 4" strap (B1) to the medial and anterior aspect of the arm. Pull the strap superiorly and laterally just distal to the acromion process. Bring the strap across the back then around to the front of the chest. Cut strap to length and secure with hook-and-loop closure. Check for desired levels of mobility and stability. Adjust straps as needed.



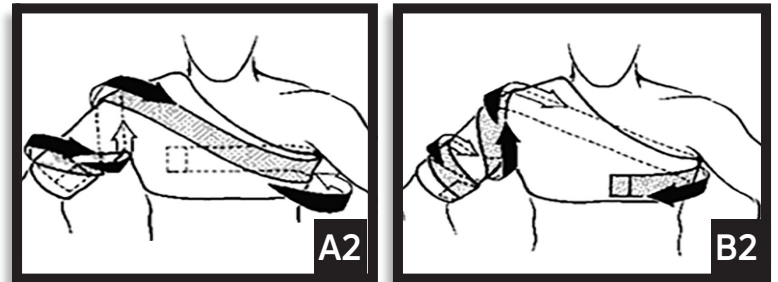
#### Inferior Instabilities

- A2. Attach the fixed hook-and-loop end of one 4" strap (A2) to the medial and posterior aspect of the arm. Spiral the strap around to the front of the arm, then under the axilla. Bring the strap up and over the acromioclavicular joint. Bring the strap across the chest then around to the back. Cut strap to length and secure with hook-and-loop closure.
- B2. Attach the fixed hook-and-loop end of the second 4" strap (B2) to the medial and anterior aspect of the arm. Spiral the strap around to the back of the arm, then under the axilla. Pull the strap up and over the acromioclavicular joint. Bring the strap across the back then around to the front of the body. Cut strap to length and secure with hook-and-loop closure. Check for desired levels of mobility and stability. Adjust straps as needed.



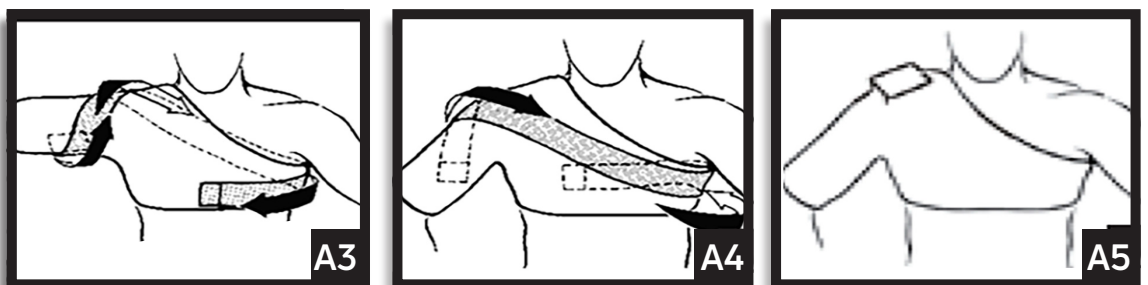
#### Posterior/Rotator Cuff Deceleration

- A3. Position the athlete's arm in an externally rotated position. Attach the fixed hook-and-loop end of one 4" strap to the posterior aspect of the athlete's arm. Pull the strap up and over the acromioclavicular joint. Bring the strap across the back, then around to the front of the body. Cut strap to length and secure with hook-and-loop closure. Check for desired levels of mobility and stability. Adjust straps as needed.



#### Muscle Strains (pectoral, etc.)

- A4. Attach the fixed hook-and-loop end of one 4" strap to the medial and posterior aspect of the involved arm. Pull the strap superiorly just distal to the acromion process. Bring the strap across the chest then around to the back. Cut strap to length and secure with hook-and-loop closure. Check for desired levels of mobility and stability. Adjust straps as needed.



#### Shoulder Separations

- A5. Position the foam pad over the acromioclavicular joint. Adjust straps as needed. Use any of the wraps as shown to enhance stability.

**CLEANING INSTRUCTIONS:** Hand wash and air dry.

**WARRANTY:** DJO, LLC will repair or replace all or part of the unit and its accessories for material or workmanship defects for a period of six months from the date of sale.

#### FOR SINGLE PATIENT USE ONLY

**NOTICE:** While every effort has been made in state-of-the-art techniques to obtain the maximum compatibility of function, strength, durability and comfort, there is no guarantee that injury will be prevented through the use of this product.

#### WARNINGS AND PRECAUTIONS:

If you experience any pain, swelling, sensation changes, or any unusual reactions while using this product, consult your medical professional immediately.

**INTENDED USE / INDICATIONS:** Help reduce and minimize further injury to an already existing shoulder injury.

**CONTRAINDICATIONS:** None

Not Made with Natural Rubber Latex

Individual results may vary. Neither DJO, LLC nor any of its subsidiaries dispense medical advice. The contents of this poster do not constitute medical, legal, or any other type of professional advice. Rather, please consult your healthcare professional for information on the courses of treatment, if any, which may be appropriate for you.



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