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# Ranger™ II ER Shoulder Pillow w/Sling

## Application Instructions

### Pillow Application

#### 1. Fitting the Pillow

**A.** Remove sling from pillow 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.

**D.** If the foam block can be easily pushed down, tighten waist strap. Strap should be snug but not cause discomfort.



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

#### Sizing Sling Length and Thumb Loop (continued)

**B.** 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.

**C.** 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.

**D.** Sling length fit: Edge of sling should extend to first knuckle (PIP joint) on the pinkie finger. Adjust sling length, if needed, by removing the forearm section and reapplying in the desired position.

**E.** Release thumb loop strap and align bottom fold of strap with third metacarpal. Thumb should rest comfortably inside loop when properly fit and maintain the wrist and hand in a neutral position.

**F.** Trim excess strap and reapply top hook closure to secure the front panel for use.

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



#### 2. Securing Sling and Pillow

**A.** Pillow is designed to place the arm in approximately 30° of abduction.

**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.

### Comfort Harness Application

#### 1. Adjusting Strap Lengths



**A.** Unbuckle Comfort Harness Strap and guide strap around the back, sliding opposite arm through the sling loop.

**B.** Secure front buckle at sling, leaving the strap loose at this time.

## 2. Sizing the Comfort Harness

**A.** To ensure a proper fit, always adjust back strap first.

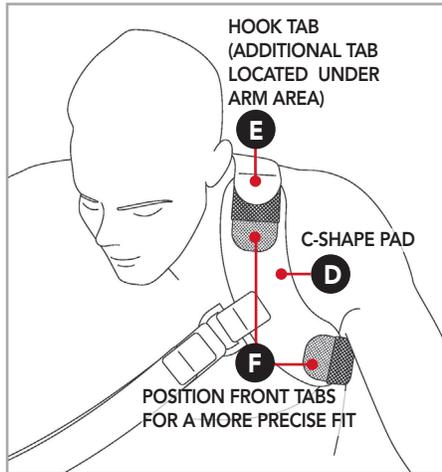
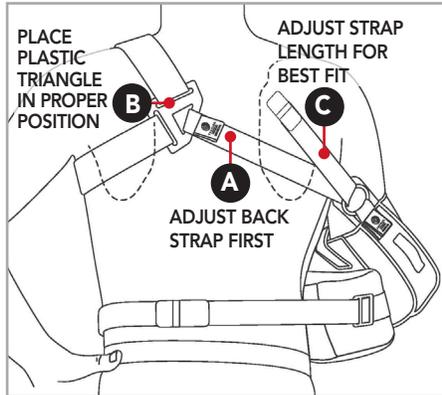
**B.** Locate the plastic triangle along the inside border of the scapula aligning the point with the spine of the scapula or roughly the level of the T3 vertebrae.

**C.** With the abduction pillow properly positioned, adjust the strap length that connects the plastic triangle to the sling. Remove alligator tab and trim if needed.

**D.** Next adjust the location of the C-shaped pad that will sit on the front of the patient. The top edge of the pad should be located at the tip of the shoulder or AC joint.

**E.** For the initial fitting reposition the hook tabs that contact the elastic portion of the strap, not the ends that fall on the C-shaped pad.

**F.** A more precise fit can be controlled by moving the location of the front tabs that fasten to the C-shaped pad.



**NOTE:**

The three-point adjustable strapping system makes it easy to apply when intravenous (IV) lines are present. Simply release the lower front tab (F), adjust the position of the IV lines and reattach the hook tab.

## 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 pillow.

**B.** At the opposite end of waist strap, release the hook fastener and thread strap out through the plastic buckle.

**C.** Remove pillow 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 webbing loop and secure back onto 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. Waist pillow can be surface washed using warm water and a detergent for delicate fabrics or wiped clean with a mild disinfectant. Do not immerse pillow 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 II ER Pillow w/Sling	23-2460

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



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