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**Topshelf**  
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# Anchor Shoulder Brace

## Instructions for Use

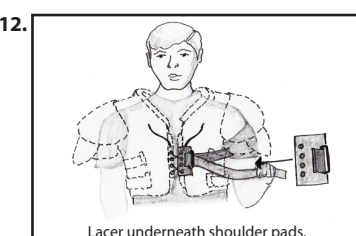
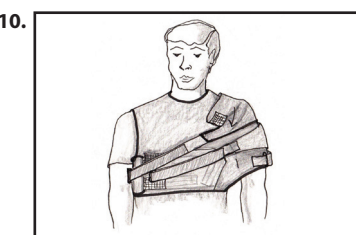
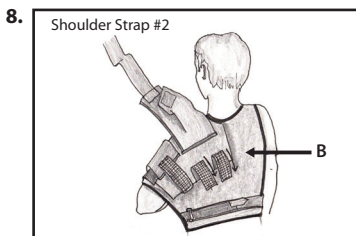
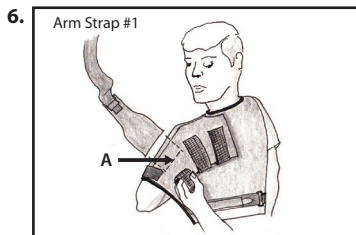
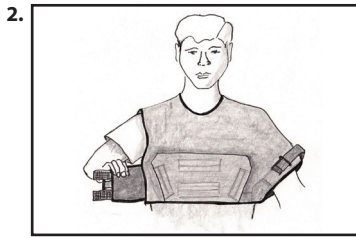
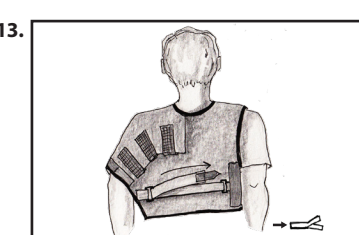
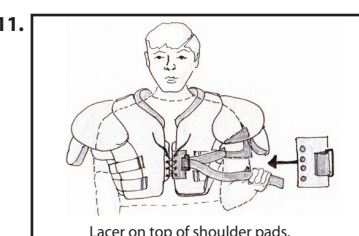
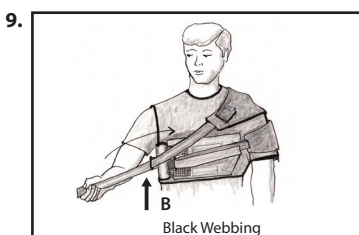
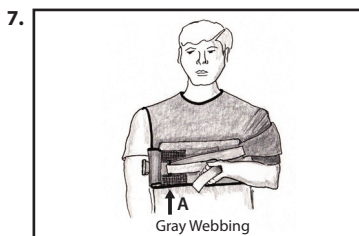
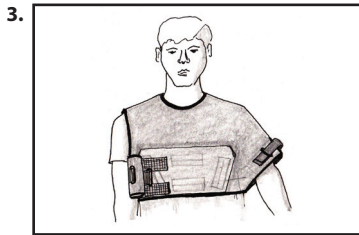
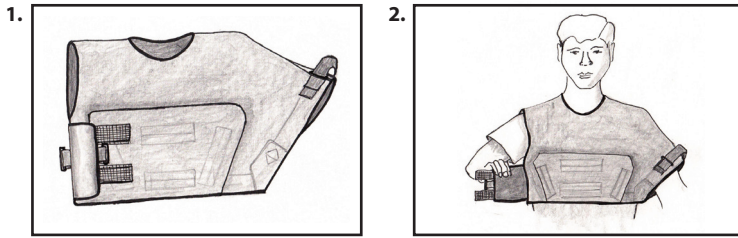
Please read these instructions completely and carefully before applying this product. Correct application is important for proper function of this product.



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**Indications:** Shoulder dislocation/shoulder stabilization, rotator cuff tears/ac joint separation, muscle strains, anterior, multi-directional, inferior and posterior instabilities.

### Basic Application: Controls abduction of the arm

Before applying the Anchor Brace loosen the arm strap and open the torso portion to allow the brace to be slipped over the head with the affected arm/shoulder going into the arm sleeve portion (Fig. 1).

- Secure the torso portion of the brace to the front panel by affixing the 2 hook/loop straps above and below the "D-Ring" assembly on the front of the brace (Fig. 2 & 3).
- Adjust the arm strap by having the patient flex the bicep muscle and then secure the strap (Fig. 4 & 5).
- Secure the back strap to assist with abduction control (Fig. 13).

### To control external rotation and abduction of the arm: (NOT attached to Shoulder Pads)

- Use accessory arm strap #1 (Fig. 6).
- Expose the posterior hook/loop attachment location by pulling the posterior anchoring strap away from the sleeve portion just above the bicep anchoring strap (**Anchor A**).
- Apply the accessory arm strap #1 to the back side of the sleeve by approximating the hook/loop patch to the hook on the underside of the accessory arm strap #1.
- Re-secure the anchoring strap to the topside of the accessory arm strap - providing a secure locking of the strap to the brace both above and below the accessory strap.
- Feed the long gray strap portion through the "D-Ring" that is secured with the gray webbing material on the front panel and return it back on itself to secure the hook/loop. Before cutting the strap to the desired length check for support and comfort (Fig. 7).
- For additional abduction control, tighten the back strap shown in (Fig. 13).

### To provide compression of the rotator cuff region of the shoulder:

- Use the bifurcated (split) shoulder accessory strap #2 (Fig. 8 & 9).
- Expose the posterior hook/loop attachment location by pulling the two anchoring straps away from the back of the shoulder region near the shoulder blade (**Anchor B**).
- Apply the accessory shoulder strap #2 to the back side of the shoulder by approximating the hook/loop patches to the hook on the underside of the accessory strap.
- Re-secure the anchoring straps to the topside of the accessory shoulder strap #2- providing a secure locking of the strap to the brace both above and below the accessory strap.
- Feed the long black strap of the accessory shoulder strap #2 through the "D-Ring" that is secured with the black webbing material on the front panel and return it back on itself to secure the hook/loop. Before cutting the strap to the desired length, check for support and comfort (Fig. 10).
- Adjust the bifurcated (split) portion of the strap to capture the rotator cuff (top of the shoulder) and provide additional compression and control.

### To control external rotation of the arm: (Shoulder Pad Lacer Option)

- Secure the shoulder pad lacer to the topside or underside of the shoulder pads by lacing it onto the shoulder pad assembly (Fig. 11 & 12).
- Use accessory arm strap #1.
- Expose the posterior hook/loop attachment location by pulling the anchoring strap away from the sleeve portion just above the bicep anchoring strap (**Anchor A**).
- Apply the accessory arm strap #1 to the back side of the sleeve by approximating the hook/loop patch to the hook on the underside of the accessory arm strap #1 (Fig. 6).
- Re-secure the anchoring strap to the topside of the accessory arm strap #1- providing a secure locking of the strap to the brace both above and below the accessory strap.
- Feed the long strap of the accessory arm strap #1 through the "D-Ring" that is affixed to the shoulder pad lacer accessory and return it back on itself to secure the hook/loop. Before cutting the strap to the desired length check for support and comfort (Fig. 11 & 12).

### To control forward flexion and horizontal abduction of the arm:

- Tension the lower back strap to control the flexion of the arm. This strap has a distally applied "alligator" or "y" tab that can be removed to cut the strap to the desired length and then re-applied to secure the strap in the optimal location (Fig. 13).

### Use and Care:

Hand wash in cold water using mild soap. Rinse thoroughly and air dry. If not rinsed thoroughly, soap residue may cause skin irritation and material breakdown.

### Warning:

This product is to be used under the supervision of a medical health professional. This device is not intended for unsupervised public use. If you experience any pain, swelling, sensation changes, or any unusual reactions while wearing this product, consult your medical professional immediately.

### Warranty:

Top Shelf Orthopedics will replace all or part of the brace for defects in material or workmanship for the period of six months from the date of purchase.

### Caution:

Federal Law (USA) restricts this device for sale by or on the order of a licensed healthcare professional.