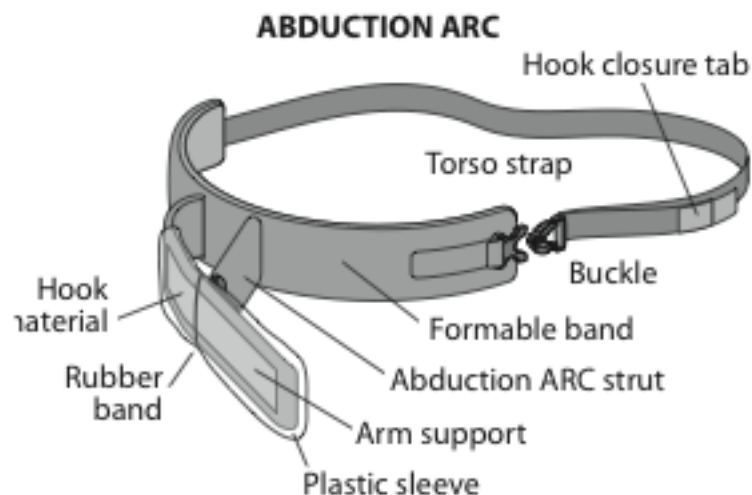
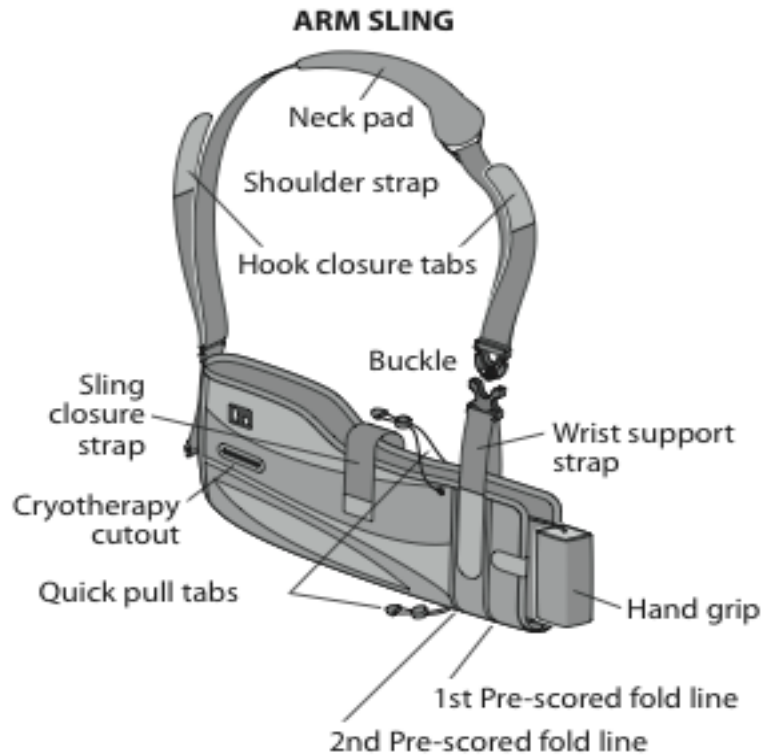
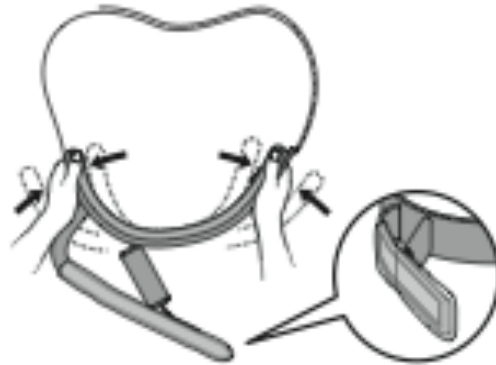


Arc 2.0 Tips and Tricks

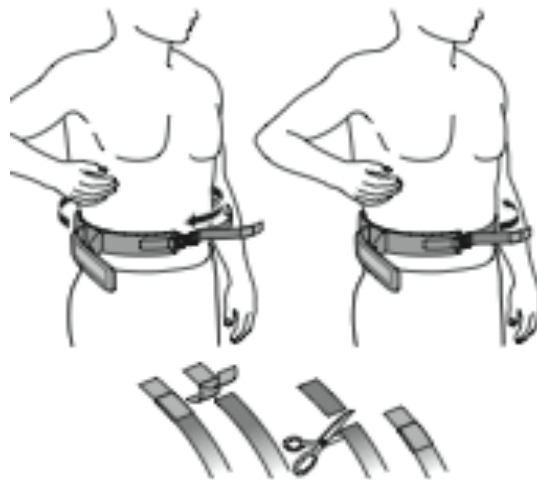
1. Take the brace out of the bag
2. There are three parts: the arm sling, the abduction arc, and an extra strap.
3. Put the extra strap to the side – you do not need this piece.
4. You will be left with two separate parts: the arm sling and the abduction arc.



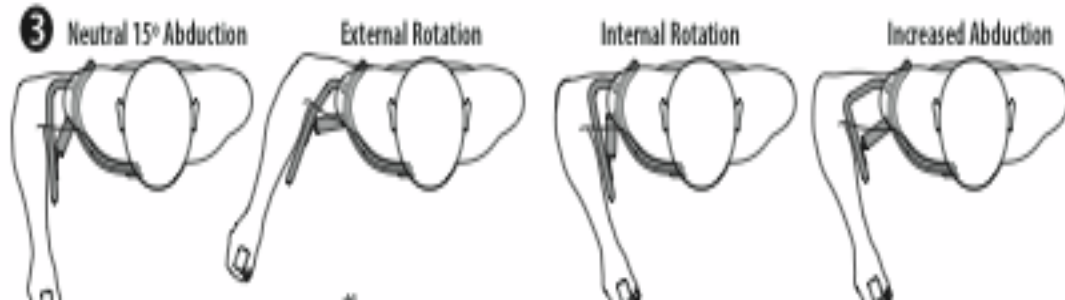
5. DO NOT REMOVE THE PLASTIC SLEEVE FROM THE ABDUCTION ARC.
6. Carefully unwrap the strap from the Abduction Arc **without** removing the plastic.
7. Form the Abduction Arc – Shape the adjustable band to fit around your midsection.



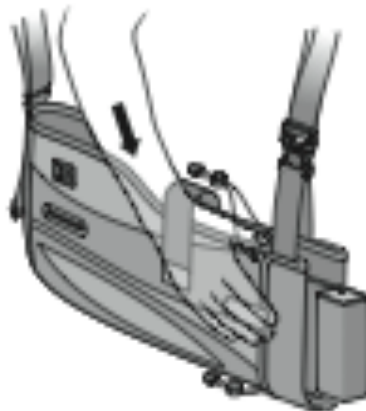
8. Position the Abduction Arc on the affected side of your body at the level of your elbow. Make sure the buckle is at the front of the body. Adjustments to the length of the strap can be made at this time.



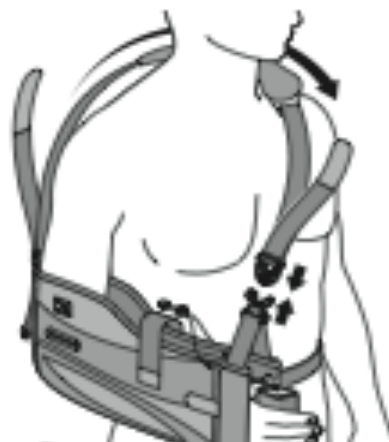
9. Arm Positions – with this model, you are able to place your arm in different positions. We recommend putting your arm in the **neutral position** unless your doctor tells you otherwise.



10. Next, pick up the arm sling.
11. Apply the arm sling – slip your arm in sling ensuring that the elbow is resting in the bend of the sling



12. Secure the Shoulder Strap – pass the shoulder strap over the opposite shoulder and insert the buckle at the wrist support strap.



13. **Shoulder Strap Adjustment** – Adjust the shoulder strap at the front and back by loosening the hook closures and pulling the strap ends to a comfortable tension. **NOTE:** Your shoulder should be relaxed.
14. **Position and Attach the Arm Sling to the Abduction Arc** – Position the sling so that your elbow is 2-3 inches behind the bend in the arm support.
When your arm is positioned, remove the plastic from the abduction arc and secure the arm sling. The abduction arc is Velcro and will stick to the sling.

