

# DIRECTIONS FOR USING the **DYNAMIC-ARM-SLING™** (D-A-S)

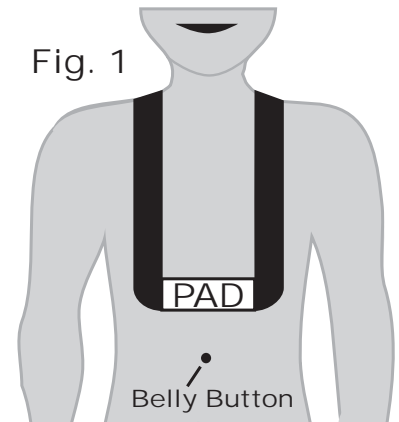
Follow these directions step-by-step.

## A. FITTING THE DYNAMIC-ARM-SLING™ TO YOUR BODY

1. Remove all items from the package, and unwrap the Action Band from around the long, folded **DYNAMIC-ARM-SLING™ (D-A-S™)**. Leave the **D-A-S's™** two ends connected at the original length (longest) when beginning to follow these directions.

The Comfort Pad, (called “the Pad”, for short), comes pre-attached around the **D-A-S™**. If needed, slide the Pad along the **D-A-S™** so it is opposite the point where the **D-A-S's™** two ends connect.

2. Hold the **D-A-S™** so that the point where its two ends connect is up, and slip the **D-A-S™** over your head so that it hangs down the front of your body, with the Pad centered at the bottom. See **Fig. 1**. The side with the fabric label should be to the inside of the loop formed by the **D-A-S™**.



**FOR MOST USERS THE ORIGINAL LENGTH OF THE D-A-S™ IS TOO LONG, AND ITS LENGTH MUST BE ADJUSTED. FOR THE BEST FIT, THE PAD SHOULD HANG APPROXIMATELY 3” ABOVE YOUR BELLY BUTTON.**

**HOW TO ADJUST THE D-A-S™ FOR THE PROPER FIT.** This is best done while standing, if possible.

Open the **D-A-S™** Velcro® closure, and re-connect its ends so that the loop it forms is smaller. Ensure that the **D-A-S™** is not twisted, and that the Pad is opposite the point where the **D-A-S's™** two ends connect. Re-apply the **D-A-S™** around your neck, check its length again, and, if necessary, re-adjust the length until **the Pad hangs approximately 3” above your belly button, and level, as in Fig. 1**, then continue with Section B.

Note that only one side of the **D-A-S's™** fabric can be used to make a good Velcro® connection. After adjusting the loop size, if there is too much excess **D-A-S™** material, see Section C, to trim excess material away.

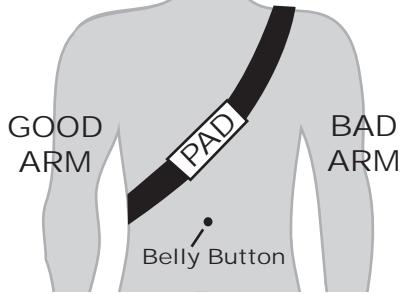
**For large-size users, if the D-A-S™ is at its longest length and the Pad is approximately 4”, or higher, above your belly-button, the D-A-S™ is too short! See Section D, for information about using your D-A-S™ with an Extension Strap.**

## B. APPLYING THE DYNAMIC-ARM-SLING™ TO EITHER ARM.

- We will be referring to your “bad hand”, “bad shoulder” and bad side, when talking about your side with the **injured arm or shoulder**.
- We will be referring to your “good hand”, “good arm”, “good shoulder” “good side”, or your “good hip” when talking about your side with the **un-injured arm or shoulder**.

## LEFT ARM INJURY

Fig. 2L

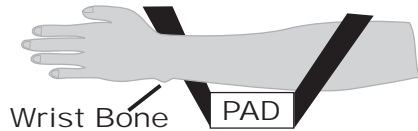


1. With the **D-A-S™** loop size properly adjusted, and with the **D-A-S™** around your neck, as in Fig. 1, slip your GOOD ARM AND SHOULDER completely through the loop. The upper part of the **D-A-S™** should now be resting on your BAD SHOULDER, by your neck, and lying diagonally across your chest and back. Ensure that the **D-A-S™** is not twisted, and that the middle of the Pad is in line with the center line of the front of your body. **See Fig. 2L or 2R.**

2. Use your GOOD HAND to pull the **D-A-S™** away from the front of your body slightly, then slip your BAD HAND between your torso and the **D-A-S™**, with your thumb up, and continue moving that arm across your mid-section, until you can place your forearm, just in back of the wrist, onto the Pad, as shown in **Fig. 3L or 3R.** The **D-A-S™** should now fit as in **Fig. 4L or 4R.**

If necessary, maximize comfort by shifting your forearm position on the Pad, and/or by rotating the **D-A-S™** around your torso slightly.

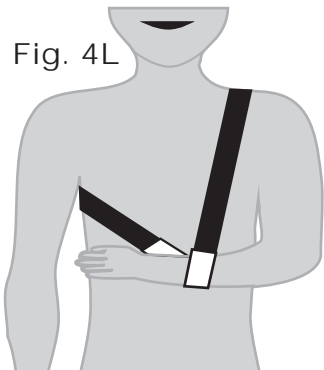
FIG. 3L



3. **IMPORTANT! To avoid pressure at your neck and shoulder**, hook the thumb of your GOOD HAND downwards into the **D-A-S™** at your GOOD SIDE, and stretch the **D-A-S™** downwards 3-4 inches. Then, while keeping the loop stretched downward, slide your thumb back along the **D-A-S™** to a point at the rear of your GOOD HIP. Give the **D-A-S™** an additional pull downwards (a few inches) behind your hip, then release it slowly. Repeat if needed, for a comfortable and supportive fit.

4. For more active users, and for children, optionally apply the Action Band. **See Section E.**

Fig. 4L



5. **FINAL CHECK!** Ensure that your supported forearm is now approximately parallel to the ground, (unless otherwise medically prescribed). If not parallel, remove the **D-A-S™** and adjust its length, longer or shorter, as needed, as described in Section A, and repeat Section B, until your arm is as comfortable as possible, and near horizontal. **The DYNAMIC-ARM-SLING™ is now ready to be used.**

Once set, the **D-A-S™** length will need no further adjustment unless significantly thinner or thicker clothing is worn.

## RIGHT ARM INJURY

Fig. 2R

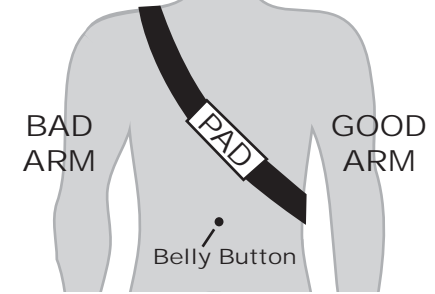


FIG. 3R

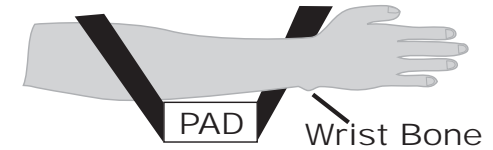
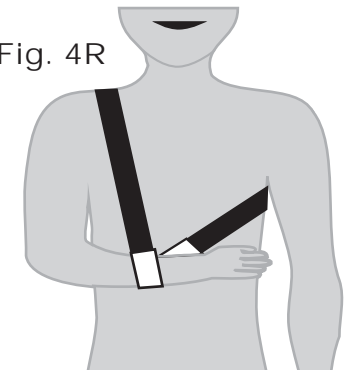


Fig. 4R



# ADDITIONAL DIRECTIONS FOR USING THE DYNAMIC-ARM-SLING™ (D-A-S™)

## C. TRIMMING EXCESS MATERIAL FROM THE DYNAMIC-ARM-SLING™

Medium and smaller-size users can easily trim the **DYNAMIC-ARM-SLING™ (D-A-S™)** after determining the right length.

1. Determine the **D-A-S's™** final length when applying it over the thickest clothes you intend to use it with. See STEP 1, Page 3.
2. Do not cut any material from the end that has the Velcro® strip sewn to it.
3. Leave 2-4 inches of extra material beyond the point where the two ends of the **D-A-S™** connect with Velcro®.
4. Make your cut straight across the **D-A-S's™** material, using sharp scissors.

## D. USING AN EXTENSION STRAP

Extra large users who find that the original length of the **D-A-S™** is too short to provide the prescribed support can order an Extension Strap to extend the **D-A-S's™** overall length by approximately 8 inches.

If you need an Extension Strap, please call us at (914) 968-3381. The Extension Strap is free, but a small Shipping and Handling charge applies.

## E. USING THE ACTION BAND TO MAINTAIN THE ARM IN THE DYNAMIC-ARM-SLING™

**CAUTION:** Optional use of the 12-inch-long Action Band helps to keep the arm in the selected position in the **D-A-S™** during normal daily activities, and is recommended for more active users, and for children. Since the Action Band material is stretchable, the arm of a very active user may shift in the sling, possibly impacting the established levels comfort and support. **D-A-S™ USERS SHOULD NOT PARTICIPATE IN VIGOROUS ACTIVITIES.**

When the **D-A-S™** has been properly applied (See Page 3), connect the Velcro® strip at one end of the Action Band to the **D-A-S™** underneath the forearm. Wrap the Action Band snugly, but not tightly, completely round the wrist, until the Velcro® strip at the other end of the Action Band can be then connected to any available part of the device.

### ACTION BAND ON-BOARD STORAGE

When not used to maintain the arm's position in the **D-A-S™**, the Action Band can be attached lengthwise to a free section of the **D-A-S™**, on its Velcro® loop side, using the Action Band's Velcro® hook strips. With the Action Band stored on-board, the **D-A-S™** can be used normally.

Users that have no need for the Action Band can dispense with it completely.

## F. WARRANTY AND USE INFORMATION

See the enclosed sheet for information about our Warranty, and about Refunds and Exchanges. Also see the enclosed sheet discussing important Comfort, Support and Care information.



**Using the D-A-S™  
with the Action Band**