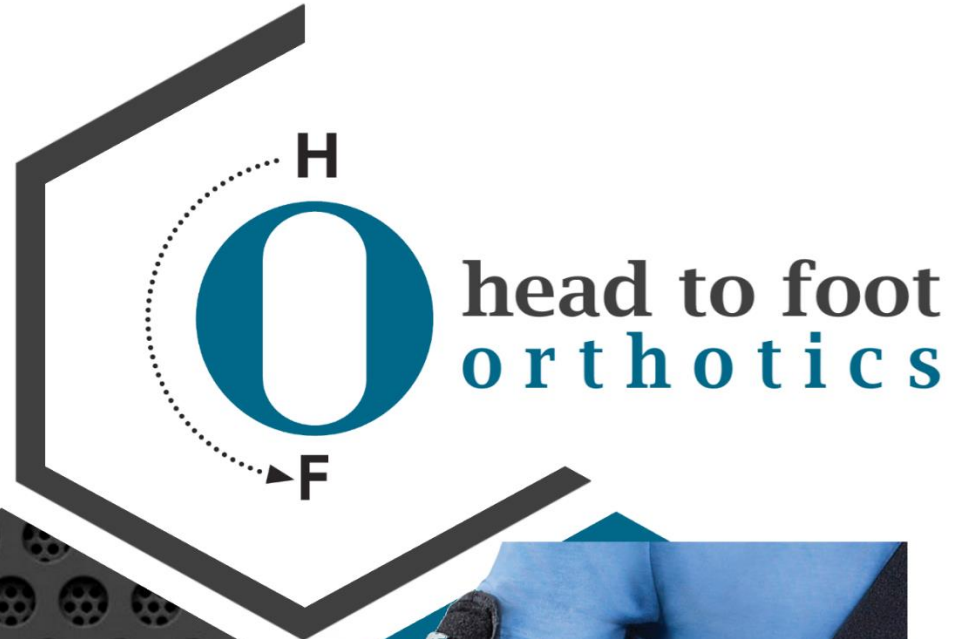




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Please call if you have any questions or require an appointment

Individual Client Notes



Costs and invoicing

The service provided today will incur a cost. These will have been discussed with you if they are not covered by the hospital or a 3rd party funding body like TAC or Work cover.

An invoice will be sent to the address provided at the consultation. Payment details can be found on the invoice.

Please call if you are having trouble paying the invoice



It is important that you attend any review appointments. If you are having any problems with your Orthosis, we may be able to fix it at your appointment.

Rev 9.7.2020



Quality ISO 9001

SAI GLOBAL

SHOULDER ABDUCTION ORTHOSIS

You have been fitted with a **Shoulder Abduction orthosis**. Correct use is important for the best result and your safety. Please note your orthosis is for **your use only**.

How to put on your Shoulder abduction orthosis

It is recommended to have help from another person when putting this brace on, or adjusting it - damage to the repaired shoulder may occur if your arm loses the position held by the brace.

1. Make sure you are sitting down.
2. Put the orthosis under your armpit and against the side of your body.
3. Firmly attach the wrist/arm straps.
4. Attach the over shoulder strap running over the opposite shoulder and pull firmly.

If it is not firm the whole brace may slip down.

5. Wrap the foam waist strap firmly around your waist at the level of your belly button.

Wearing your Shoulder Abduction Orthosis

Your surgeon will tell you how long you need to wear your orthosis. Usually it is worn for several weeks after your surgery. Once on, normally you cannot remove the orthosis (it should be worn 24 hours / 7 days).

- ✓ **Do** check the position of the orthosis when going from lying in bed to standing.
- ✓ **Do** loosen and retighten 1 strap at a time to prevent confusion.
- ✓ **Do** make sure the Shoulder abduction orthosis is sitting in the correct position at all times. You may need to readjust if it slips down.
- ✓ **Do** check your skin regularly
- ✗ **Do Not** wear your Shoulder abduction orthosis in the water
- ✗ **Do Not** make any changes to your Shoulder abduction orthosis.

✗ **Do Not** wear un-prescribed bandages, dressings or padding with your Shoulder abduction orthosis

Problems?

Check your skin regularly. If you feel that, your Shoulder Abduction Orthosis is:

- Causing discomfort, redness or skin breakdown
- Broken or damaged
- Worn Out

Please contact the Head to Foot Orthotics as soon as possible to discuss the situation.



Cleaning

- ✓ **Do** sponge bath to wash yourself.
- ✓ **Do** check your Shoulder abduction orthosis for signs of loosening or damage.
- ✓ **Do** wipe under your arm with warm damp towel and dry thoroughly.
- ✗ **Do Not** apply direct heat to your Shoulder abduction orthosis
- ✗ **Do Not** clean the orthosis

Contact Head To Foot Orthotics immediately if you notice redness, broken skin or increase discomfort