



head to foot orthotics

## Shoulder Abduction Orthosis



**This brochure is intended as a source of information for patients, their family and friends. Questions are welcome, so please contact your Orthotist on the contact number provided.**

### **What is a Shoulder Abduction Orthosis for?**

To immobilise the shoulder joint after an operation or injury, so as not to stretch the repaired tendons/muscles and soft tissues.

### **Wearing time**

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). You should have sponge baths to wash.

### **Putting On**

- It is recommended to have help from another person when putting this orthosis on, or adjusting it - damage to the repaired shoulder can occur if your arm falls down toward your side.
- The orthosis is best applied when sitting down.
- Your Orthotist should have adjusted the orthosis to fit you and tightened it into position. Sit the orthosis under your armpit and against the side of your body, firmly attach the wrist/arm straps.
- Attach the over shoulder strap running over the opposite shoulder and pull firmly. If it is not pulled firmly the whole brace will move down and will not fit you properly.
- Wrap the foam waist strap firmly around your waist at the level of your belly button.
- Attach the chest strap firmly just under your opposite arm pit.

## Wearing Problems

- Because of its bulk this orthosis may be uncomfortable at times, if this is the case it may need minor repositioning periodically. When doing this, loosen and retighten 1 strap at a time to prevent confusion.
- The most common problem encountered is the brace falling down and the position of the arm dropping. If this happens, find another person to help, loosen the waist strap and then pull the orthosis up closer into your arm-pit. Ensure the waist, chest and over shoulder straps are fastened firmly after this adjustment.
- If you experience any areas of rubbing, redness or blistering contact your Orthotist immediately.
- Usually you wear the orthosis in bed, be aware this may change the position of the orthosis and it may have to be slightly repositioned once you're standing.

## Cleaning

- Refrain from cleaning the orthosis if possible, if it becomes soiled contact your Orthotist.
  - **If provide, please ensure the allen key tools are kept with you at all times (usually these are taped to the orthosis) and brought to all appointments.**

## Individual client notes

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## Further Details

Please contact if you have questions or require an appointment.



**(03) 9870 2284**



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