## PATIENT INSTRUCTIONS: SHOULDER DYNASPLINT® SYSTEM



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**IMPORTANT:** Read instructions thoroughly before wearing the Shoulder Dynasplint® System. Be sure that the splint fits comfortably and properly. If you feel pain, numbness, swelling, or skin irritation remove the splint immediately and contact your Dynasplint® Systems sales consultant. If joint stiffness persists longer than one hour after wearing the unit, reduce the tension by 0.5 increments or ½ turn. Contact your Dynasplint® Systems sales consultant if you have any questions.

- 1. Holding the mechanical arm with your uninvolved hand in the "pointing to the sky" position, slip your hand and forearm through the wrist stabilizer. This is accomplished while lying face-up on the cushion with your head positioned far enough up on the cushion to allow your involved shoulder to be directly in line with the mechanical shoulder joint cam. Also, move sideways further from the mechanical shoulder joint to prevent your arm from being pushed against the larger cylinder.
- 2. Firmly affix the middle wrist strap followed by the other two straps.
- 3. Allow your involved arm to slowly drift back to the position directed by the Shoulder Dynasplint® System until it reaches the position of your end range of motion (the point at which your restriction begins).
- 4. Allow the shoulder to rest at this end-range position for as long as possible, up to the time prescribed by your practitioner. Momentary breathers from the end-range position can be achieved by bringing your arm back to a position of no stretch (i.e., pointing to the sky). Return to the end-range position as soon as you feel you are able. Usually 30 - 60 seconds away from the end-range position is sufficient to get a breather from the treatment.
- 5. To remove your arm from the Shoulder Dynasplint® System, return the mechanical arm to starting position of "pointing toward the sky." With your uninvolved hand, undo the three wrist straps and slide your hand and forearm out of the unit.
- 6. Continue to follow your physician's or therapist's instructions regarding your home therapy program while wearing the Shoulder Dynasplint® System. Record your comments daily on the evaluation sheet (reverse side) for review with your Dynasplint® Systems sales consultant.

l acknowledge receipt of these patient instructions, which I have read and fully understand.						
Signature	Print Name					

## CLINICIAN'S PRESCRIBED SHOULDER DYNASPLINT® SYSTEM TREATMENT SCHEDULE

These are guidelines only. Remove the Dynasplint® System if you experience pain at any time and contact your Dynasplint® Systems sales consultant.

•	Tension to be initially set at increments on the tension scale and increments on the external				
	rotation scale.				
•	Patient will wear the Shoulder Dynasplint® System for minutes/hours times per day, the first				
	few days.				
•	If no more than 30 minutes post-wear discomfort occurs, the patient may begin application of $2-40$ minutes 3 times per day.				
•	If no more than 30 minutes post-wear discomfort is experienced after time of wear is maximized, the tension may be increased by a $\frac{1}{2}$ increment every few days.				
•	Maximum tension setting of increments on the elevation scale and increments on the external rotation scale. When you reach this setting, contact your sales consultant.				
•	The basic protocol outline is to provide maximum benefit from the Dynasplint® System. <i>Increasing tension</i>				
	faster does not ensure proper stretch will be applied.				
•	Your follow-up visit is Please bring the Dynasplint® System and the				
	completed evaluation sheet.				

Dynasplint® Systems Patient Evaluation Sheet

Date	Tension Setting	Mins/Hours of Wear	Daily Goal	Duration of Post- Wear Stiffness	Comments

Continue to report your progress on a separate sheet of paper.

## 4 Point Summary:

- 1. NO PAIN while wearing the Dynasplint® System.
- 2. Time is the most important component.
- 3. Increase tension if at most one hour post-wear discomfort occurs.
- 4. Decrease tension if unable to wear.

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