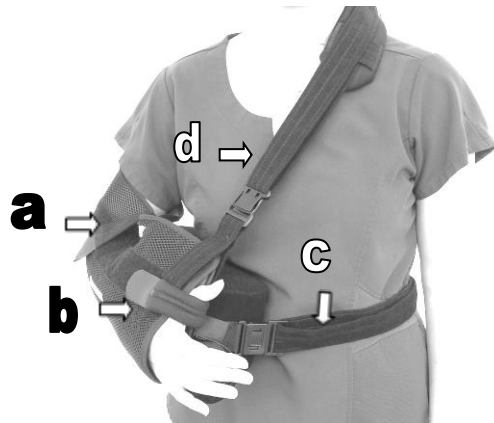


Removing your Shoulder Abduction Brace



There are four straps to your brace.

- a. Small strap across the top of the elbow
- b. Small strap looping under thumb
- c. Long strap that buckles around the waist
- d. Long strap with a padded cushion that crosses the chest and fastens at the neck

1. Unfasten two small straps. (Remember to hook velcro back on itself so it doesn't get caught on your clothes.) Unbuckle waist strap.



2. Loosen velcro at front of diagonal strap. (It is very difficult to fasten this buckle with one hand, so it is easier to bring strap overhead than to have to buckle it.)
3. Lean forward at the waist and rest arm and brace on a table or pillow. Use **unaffected** arm to lift arm out of brace.



Be sure not to actively lift affected shoulder at any point in process

