## North Coast Medical NC17198-5

# North Coast Medical Otto-Bock Shoulder Support User Manual

Model: NC17198-5

## 1. Introduction

This manual provides instructions for the proper use and care of the North Coast Medical Otto-Bock Shoulder Support, model NC17198-5. This product is designed to provide support to the shoulder area. Please read these instructions carefully before initial use and retain for future reference.

## 2. Intended Use

The Otto-Bock Shoulder Support is intended for shoulder support. It is designed for adult use.

## 3. Sizing Information

To ensure proper fit and effectiveness, measure your bicep circumference and refer to the sizing chart below.

**US Otto-Bock Shoulder Support Sizing**

| Brand Size | Bicep Circumference (in) |
|---|---|
| S | 11 - 12.5 |
| M | 11.5 - 13.8 |
| L | 13.8 - 15 |
| XL | 15 - 16.5 |

This product is size Large, suitable for bicep circumferences between 13.8 and 15 inches.

## 4. Setup and Application

Follow these steps to correctly apply the shoulder support:

1. **Identify the affected arm:** The support is designed to cover one shoulder and upper arm.
2. **Position the sleeve:** Slide the sleeve portion of the support onto the affected arm, ensuring it covers the shoulder and upper arm comfortably.
3. **Secure the chest strap:** Bring the long strap across your chest and under the opposite arm.
4. **Fasten the strap:** Attach the strap to the corresponding fastener on the back or side of the shoulder support. Adjust for a snug, but not overly tight, fit. The strap should provide stability without restricting circulation or movement excessively.
5. **Check for comfort:** Ensure the support is comfortable and does not cause any pinching or discomfort. Adjust as needed.

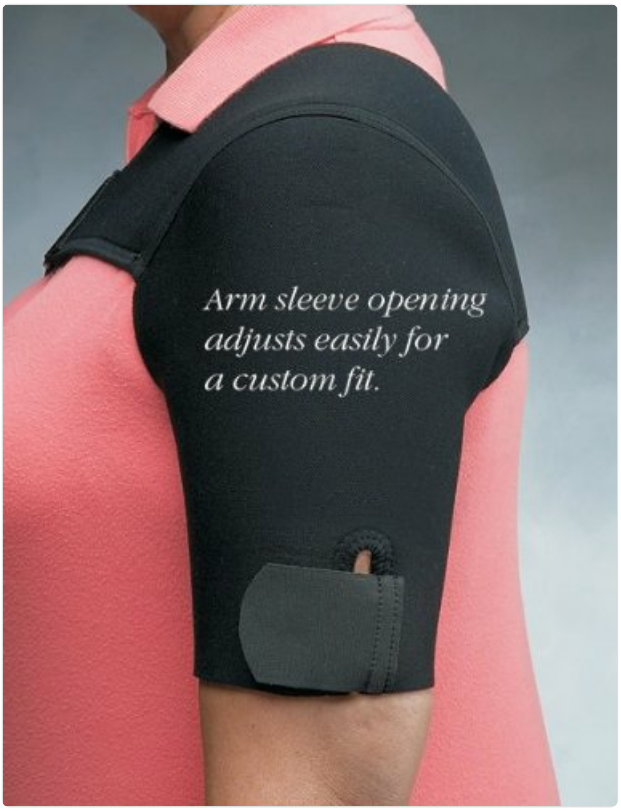



**Figure 1:** Proper application of the Otto-Bock Shoulder Support. The black support covers the left shoulder and upper arm, with a strap extending across the chest.

## 5. Usage Guidelines

- Wear the support for the duration recommended by your healthcare professional.
- Ensure the support is not too tight, which could restrict blood flow.
- If you experience increased pain, numbness, tingling, or skin irritation, discontinue use and consult a healthcare professional.
- The support can be worn over or under clothing, depending on personal preference and comfort.

## 6. Care and Maintenance

To maintain the longevity and hygiene of your shoulder support:

- **Cleaning:** Hand wash with mild soap in cold water. Do not use bleach or harsh detergents.

- **Drying:** Air dry completely. Do not machine dry or expose to direct heat.
- **Storage:** Store in a cool, dry place away from direct sunlight when not in use.
- **Inspection:** Regularly inspect the support for any signs of wear, tear, or damage. Discontinue use if damaged.

## 7. Troubleshooting

- **Discomfort or pinching:** Re-adjust the straps to ensure a proper fit. The support should be snug but not restrictive. Ensure no fabric is bunched up.
- **Support feels loose:** Tighten the adjustable straps until the desired level of support is achieved.
- **Skin irritation:** Ensure the support is clean and dry before application. If irritation persists, consult a healthcare professional. Wearing a thin layer of clothing underneath may help.

## 8. Product Specifications

- **Brand:** North Coast Medical
- **Model Number:** NC17198-5
- **Size:** Large
- **Specific Uses:** Shoulder Support
- **Age Range:** Adult

## 9. Warranty Information

For specific warranty details, please refer to the information provided with your purchase or contact North Coast Medical directly. Warranty terms typically cover manufacturing defects.

## 10. Customer Support

If you have any questions or require further assistance regarding your Otto-Bock Shoulder Support, please contact North Coast Medical customer service or visit their official website for support resources.
*Note: This product is a medical device and not a dietary supplement.*

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