

DonJoy 11-0449-2

DonJoy Ultrasling III Arm Sling Instruction Manual

Model: 11-0449-2

Brand: DonJoy

INTRODUCTION

The DonJoy Ultrasling III is designed to provide comfortable and secure immobilization for the arm and shoulder. This device is commonly used for post-operative support or injury recovery, ensuring the arm is held in a neutral position to facilitate healing. It features breathable mesh fabric and thermoformed padding for enhanced patient comfort, especially during extended wear. Adjustable thumb straps allow for functional hand positioning.

Key features include:

- Moisture-wicking mesh fabric for improved comfort.
- Design promotes air circulation to reduce the risk of secondary infections.
- Includes a 10-degree abduction pillow for neutral shoulder immobilization.
- Easy-open front panel to allow for forearm exercises.
- An exercise ball is provided to help stimulate circulation.

PACKAGE CONTENTS

Upon opening the package, verify that all components are present:

- Ultrasling III Arm Sling
- Abduction Pillow (10-degree)
- Exercise Ball



Image 1: Components of the DonJoy Ultrasling III Arm Sling, including the main sling, the abduction pillow, and a small exercise ball.

SIZING INFORMATION

To ensure proper fit and effectiveness, select the correct size of the Ultrasling III. Measure from the elbow crease to the base of the index finger. The sling is designed to fit both left and right arms.

Sizes Available

Measure elbow crease to base of index finger, fits right or left arm

Size	Measurement
x = 2 = S	Up to 11" (28 cm)
x = 3 = M	11" - 13" (28 - 33 cm)
x = 4 = L	13" - 15" (33 - 38 cm)
x = 5 = XL	15" + (38 cm +)

Image 2: Size chart for the DonJoy Ultrasling III, indicating measurements from elbow crease to index finger base for different sling sizes (Small, Medium, Large, XL).

Ultrasling III Size Chart

Size	Measurement (Elbow Crease to Index Finger Base)
Small (S)	Up to 11" (28 cm)
Medium (M)	11" - 13" (28 - 33 cm)
Large (L)	13" - 15" (33 - 38 cm)
Extra Large (XL)	15"+ (38 cm+)

SETUP AND APPLICATION

- 1. Prepare the Sling:** Ensure all straps are loosened. If using the abduction pillow, attach it securely to the main sling body using the hook-and-loop fasteners.
- 2. Position the Arm:** Gently place the affected arm into the sling pouch. The elbow should be positioned snugly at the back of the sling, and the hand should rest comfortably.
- 3. Secure the Thumb Strap:** Guide your thumb through the thumb strap. Adjust the strap for a comfortable, secure fit that prevents the hand from sliding forward without restricting circulation.
- 4. Adjust Shoulder Strap:** Bring the main shoulder strap over the unaffected shoulder and across the back. Thread it through the buckle on the front of the sling and adjust the length until the arm is supported at a 90-degree angle at the elbow, with the hand slightly elevated. The sling should feel secure but not overly tight.
- 5. Secure Waist Strap (if applicable):** If your model includes a waist strap, wrap it around your torso and attach it to the sling. Adjust for a snug fit that keeps the arm and pillow (if used) close to the body, preventing unwanted movement.
- 6. Final Adjustments:** Check all straps for comfort and security. Ensure no pressure points are causing discomfort or restricting blood flow. The arm should feel fully supported and immobilized.

OPERATING INSTRUCTIONS

Wearing the Ultrasling III

Once properly fitted, the Ultrasling III should be worn as directed by your healthcare professional. It is designed for continuous wear to maintain the prescribed immobilization.

Forearm Exercises

The easy-open front panel allows for controlled forearm exercises when permitted by your doctor. To perform exercises:

1. Unfasten the front panel of the sling.
2. Carefully remove your forearm from the sling while keeping the upper arm and shoulder immobilized.
3. Perform prescribed exercises.
4. Return your forearm to the sling and re-secure the front panel.

Using the Exercise Ball

The included exercise ball is intended to stimulate circulation in the hand and forearm. When permitted by your healthcare provider, gently squeeze the ball periodically throughout the day. This can help reduce swelling and maintain muscle tone in the hand.

MAINTENANCE AND CARE

Proper care of your Ultrasling III will ensure its longevity and hygiene.

- **Cleaning:** Hand wash the sling and pillow in cold water with mild soap. Do not use bleach or harsh detergents.
- **Drying:** Air dry thoroughly. Do not machine wash, tumble dry, iron, or dry clean, as this may damage the materials and affect the product's integrity.
- **Storage:** Store in a clean, dry place away from direct sunlight when not in use.
- **Inspection:** Regularly inspect the sling for any signs of wear, tear, or damage to straps and fasteners. Discontinue use if damage is observed and contact your supplier or healthcare professional.

TROUBLESHOOTING

- **Discomfort or Pain:** If you experience increased pain, numbness, tingling, or swelling while wearing the sling, loosen the straps immediately and consult your healthcare professional. Ensure the sling is not too tight and that the arm is positioned correctly.
- **Sling Slipping:** If the sling frequently slips or shifts, re-adjust all straps to ensure a snug but comfortable fit. Verify that the shoulder strap is properly positioned over the unaffected shoulder and that the waist strap (if used) is secure.
- **Skin Irritation:** If skin irritation occurs, ensure the sling is clean and dry. You may place a soft, breathable fabric between your skin and the sling in areas of contact. Consult your healthcare professional if irritation persists.

SPECIFICATIONS

- **Model Number:** 11-0449-2
- **Manufacturer:** DJO Global
- **Package Dimensions:** 14 x 8 x 5.2 inches
- **Item Weight:** 1.2 Pounds
- **ASIN:** B009D035C8

WARRANTY INFORMATION

Specific warranty details for the DonJoy Ultrasling III are not provided in this manual. Please refer to the product packaging or contact DonJoy customer support for warranty information.

SUPPORT AND CONTACT INFORMATION

For further assistance, questions, or support regarding your DonJoy Ultrasling III, please contact the manufacturer:

Manufacturer: DJO Global

Phone: 1-800-336-6569

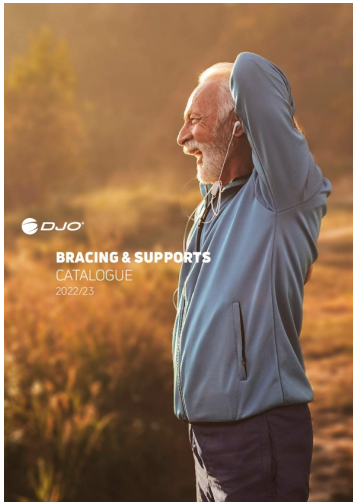
Website: www.djoglobal.com (Note: This link is a general manufacturer website, specific product support may vary.)

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This manual is for informational purposes only and does not replace professional medical advice.

Related Documents - 11-0449-2

	<p>DonJoy UltraSling III Application Guide for Shoulder Immobilization</p> <p>Comprehensive guide for applying and using the DonJoy UltraSling III, a medical device for shoulder immobilization after surgery or injury. Includes indications, warnings, cleaning, and sizing information.</p>
	<p>DonJoy UltraSling PRO Application Guide</p> <p>Detailed instructions for applying and sizing the DonJoy UltraSling PRO, a medical device for shoulder support and immobilization. Includes application steps, sizing information, and care instructions.</p>
	<p>DonJoy Cold Therapy and Sling Products for Post-Surgery Recovery</p> <p>Information on DonJoy IceMan CLEAR³ cold therapy units and UltraSling ER IV slings, designed to aid post-surgery recovery by reducing pain and swelling and providing comfortable immobilization.</p>
	<p>DonJoy Shoulder Stabilizer: Instructions for Use</p> <p>Detailed instructions for applying and using the DonJoy Shoulder Stabilizer, developed with Dr. Tom Sawa. Includes guidance on abduction control, advanced fitting, and care.</p>
	<p>DonJoy IceMan & DuraSoft Cold Therapy Systems - Product Catalog</p> <p>Explore DonJoy's comprehensive range of IceMan and DuraSoft cold therapy devices, including wrap-on pads, cold pads, cold wraps, sterile dressings, and specialized wraps for various body parts. These products are designed for effective pain relief, swelling reduction, and accelerated rehabilitation following trauma or surgery.</p>
	<p>IceMan Cold Therapy System: Overview of Units, Pads, and Accessories</p> <p>Explore the IceMan cold therapy system by DONJOY, featuring motorized units, various pad types (wrap-on, cold wraps, sterile pads), sterile dressings, and gel wraps for pain relief and rehabilitation. Learn about its semi-closed loop technology and available accessories.</p>



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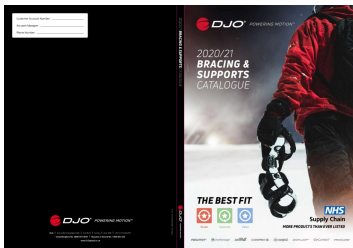


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