

**DonJoy 11-0449-3-06000**

# DonJoy UltraSling II Shoulder Immobilizer User Manual

Model: 11-0449-3-06000

## 1. INTRODUCTION

The DonJoy UltraSling II is a medical device designed to provide effective immobilization and support for the shoulder and arm. It is commonly used for post-operative recovery or injury management, including rotator cuff repairs, capsular shifts, Bankart repairs, glenohumeral dislocations/subluxations, and various soft tissue repairs or strains.

This manual provides essential information for the proper setup, use, and maintenance of your UltraSling II to ensure optimal performance and patient comfort.



Figure 1: DonJoy UltraSling II Shoulder Immobilizer in use. This image shows the complete assembly of the sling, including the arm pouch, shoulder strap, and waist strap, with the integrated squeeze ball for hand exercise.

## 2. SETUP AND SIZING

Proper sizing and setup are crucial for the effectiveness and comfort of the UltraSling II. Consult with your healthcare professional for specific guidance on fitting.

### 2.1 Sizing Guide

To determine the correct size, measure the distance from the crease of your elbow to the base of your index finger. The UltraSling II is designed to fit either the right or left arm.

### 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 +)

Figure 2: UltraSling II Sizing Chart. This chart provides guidelines for selecting the appropriate sling size based on the measurement from the elbow crease to the base of the index finger. Sizes range from Small to Extra Large.

Table 1: UltraSling II Sizing

Size	Measurement (Elbow Crease to Index Finger Base)
Small (x=2=S)	Up to 11" (28 cm)
Medium (x=3=M)	11" - 13" (28 - 33 cm)
Large (x=4=L)	13" - 15" (33 - 38 cm)
Extra Large (x=5=XL)	15" + (38 cm +)

## 2.2 Initial Fitting

1. **Position the Arm:** Gently place the affected arm into the sling pouch, ensuring the elbow is seated comfortably at the back of the pouch.
2. **Secure the Shoulder Strap:** Place the shoulder strap over the opposite shoulder. Adjust the strap length using the hook-and-loop fasteners until the arm is supported at a comfortable and appropriate height, typically with the elbow at a 90-degree angle.
3. **Attach the Waist Strap:** Wrap the waist strap around your torso and secure it to the sling's pillow component. Adjust the strap to hold the pillow firmly against your side, providing the necessary abduction and external rotation.
4. **Utilize the De-Rotation Strap:** The De-Rotation Strap hooks to the UltraSling II and is designed to prevent internal rotation by securely holding the patient's arm in a neutral position. Attach and adjust this strap as directed by your healthcare provider.
5. **Check for Comfort:** Ensure the sling is snug but not overly tight, allowing for circulation and comfort. Adjust as needed.

## 3. OPERATING INSTRUCTIONS

Once properly fitted, the UltraSling II provides continuous support and immobilization. Follow these guidelines for daily use:

- **Maintaining Position:** Keep your arm securely within the sling at all times, unless otherwise instructed by your healthcare professional for exercises or hygiene.
- **Squeeze Ball Use:** The included red squeeze ball can be used for gentle hand and forearm exercises to promote circulation and prevent stiffness. Squeeze and release the ball periodically as advised by your therapist.
- **Adjustments:** Periodically check the fit of the sling. If it feels too loose or too tight, make small adjustments to the straps to maintain comfort and proper support.
- **Sleeping:** When sleeping, maintain the sling's position. You may find it comfortable to use additional pillows to support your arm and shoulder.

## 4. CARE AND MAINTENANCE

Proper care will extend the life of your UltraSling II and maintain hygiene.

- **Cleaning:** Hand wash the sling components in cold water with mild soap. Do not use bleach or harsh detergents.
- **Drying:** Air dry thoroughly. Do not machine dry or expose to direct heat, as this can damage the materials.
- **Storage:** Store the sling in a clean, dry place when not in use.
- **Inspection:** Regularly inspect the sling for any signs of wear, tear, or damage to the straps, buckles, or fabric. Discontinue use if significant damage is observed and consult your healthcare provider or supplier.

## 5. TROUBLESHOOTING

If you encounter issues with your UltraSling II, consider the following common solutions:

- **Discomfort or Pain:** If you experience discomfort or increased pain, re-check the fit of all straps. Ensure no straps are twisted or digging into your skin. The arm should be well-supported and not hanging. Consult your healthcare professional if discomfort persists.
- **Sling Slipping:** If the sling frequently slips, ensure the shoulder strap is properly adjusted and the waist strap is snug against your body. The hook-and-loop fasteners should be securely engaged.
- **Skin Irritation:** If skin irritation occurs, ensure the sling is clean and dry. You may place a soft, breathable fabric (like cotton) between your skin and the sling material. If irritation continues, consult your healthcare provider.
- **Loss of Support:** If the sling feels like it's no longer providing adequate support, check for any stretching or damage to the materials or fasteners. Ensure the pillow component is correctly

positioned.

For issues not resolved by these steps, or if you have concerns about your recovery, contact your healthcare provider.

## 6. SPECIFICATIONS

Feature	Detail
Product Type	Professional Healthcare Device
Model Number	11-0449-3-06000
Package Dimensions	18.07 x 10.59 x 7.76 inches
Item Weight	1.2 Pounds
Manufacturer	DJO Consumer LLC
Date First Available	October 25, 2017

## 7. WARRANTY AND SUPPORT

For questions regarding your DonJoy UltraSling II, product support, or warranty information, please contact the manufacturer directly.

**Manufacturer Contact Information:**

Phone: (888) 405-3251

Always consult with your healthcare professional for medical advice and guidance regarding your condition and the use of this product.