



**DONJOY®**

**SHOULDER STABILIZER – S.P.A.**  
(SHOULDER PAD ATTACHMENT)

DEVELOPED WITH DR. TOM SAWA



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## ENGLISH

**BEFORE USING THE DEVICE, PLEASE READ THE FOLLOWING INSTRUCTIONS COMPLETELY AND CAREFULLY. CORRECT APPLICATION IS VITAL TO THE PROPER FUNCTIONING OF THE DEVICE.**

### INTENDED USER PROFILE:

The intended user should be a licensed medical professional, the patient or the patient's caregiver. The user should be able to read, understand and be physically capable of performing the directions, warnings and cautions in the information for use.

**INTENDED USE/INDICATIONS:** The SPA is indicated for use by those with glenohumeral instabilities in contact sports where shoulder pads are worn. Specifically, this device is ideal for the restriction of abduction and external rotation for symptoms or episodes of anterior and/or glenohumeral instability. The brace is also effective for posterior instability by restricting the shoulder ROM (range of motion) and disallowing the positioning of the joint in angles that increase the odds of a posterior dislocation or subluxation. These ranges include horizontal adduction/flexion and forward flexion greater than 80 degrees.

### WARNINGS AND PRECAUTIONS:

- If you have skin disorders/injuries in the relevant part of the body, the product should be fitted and worn only after consultation with a medical professional.
- If pain, swelling, changes in sensation or other unusual reactions occur while using this product, you should contact your doctor immediately.
- Do not use over open wounds.
- Do not use this device if it is damaged and/or the packaging has been opened.

NOTE: Contact manufacturer and competent authority in case of a serious incident arising due to usage of this device.

### ASSEMBLY:

1. Drill 7/32" hole in plastic shell of pads as indicated in the drawings (Fig. aa and Fig. bb). Drill on the side opposite the affected shoulder. Precaution: Do not drill closer than 1" from the edges of the pad - do not drill into padding.
2. Place "T" nut into hole on inside of plastic shell of pads.
3. Place Buckle Assembly on outside of pad with eyelet opening over hole. Secure with screw (tighten to hand tight).

### APPLICATION INSTRUCTIONS:

Before applying the brace, please read these instructions completely and carefully. Correct application is vital to the proper functioning of the brace. Occasional retightening may be necessary as competition proceeds for all strapping indications.

#### Anterior and/or inferior glenohumeral instabilities to prevent subluxation or dislocation.

1. Position the shoulder in internal rotation (IR) and mild adduction and flexion by having the athlete place his or her palm on the anterior (front) hip. The more extreme these motions when applying the brace, the more support the brace will provide when preventing the opposite motions (external rotation and abduction). (Fig. A)
2. Attach the arm cuff just proximal to the cubital fossa of (just above) the elbow. (Fig. A)
3. Attach the straps to the cuff with the focus on the shorter anterior (front) strap being pulled as far around the cuff as possible. The junction of the anterior and posterior (back) straps (X of the X-strap) should be placed medially to the bicep (Fig. B)
4. The longer posterior strap should be tightened (Fig. C) only as much as necessary with every attempt made to allow for normal horizontal adduction and flexion so that reaching overhead or blocking are not restricted.
5. Tighten the anterior strap (Fig. D) as much as necessary to prevent the proper amount of shoulder abduction, horizontal abduction and external rotation to prevent stress on the anterior capsule or to avoid getting into a ROM where apprehension is felt.
6. Have the athlete test the ROM after each adjustment - even with forceful attempts (Fig. G).

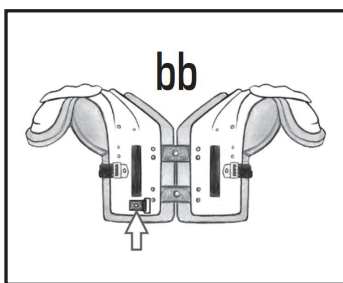
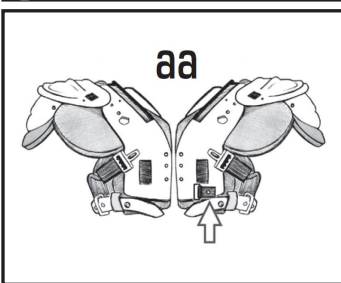
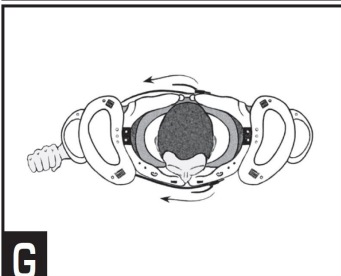
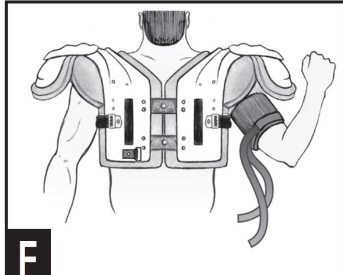
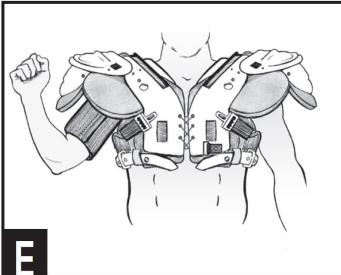
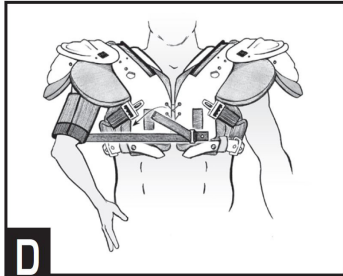
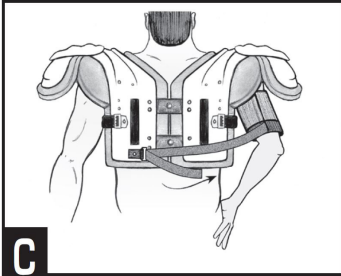
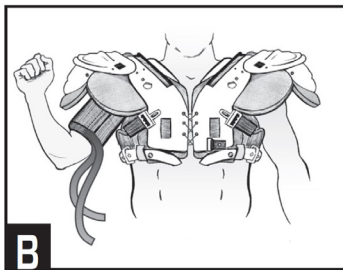
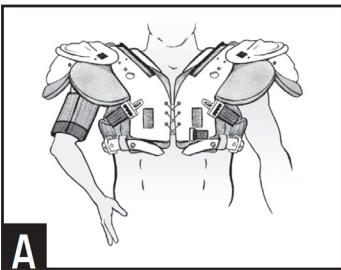
#### Posterior glenohumeral instability or to avoid stress to the posterior capsule.

1. Position the shoulder in external rotation (ER) and slight extension without moving into abduction. (Fig. E)
2. Attach the arm cuff just proximal to the cubital fossa of (just above) the elbow. (Fig. E)
3. The junction of the anterior (front) and posterior (back) straps (X of X-strap) should be on the lateral head of the tricep if possible. (Fig. F) This should be done with the shorter strap placed posterior and the longer strap anterior.
4. The posterior strap should be tightened as much as necessary to avoid allowing the shoulder to reach 80 degrees of flexion, horizontal abduction or extreme IR. (Fig. C)
5. For isolated posterior instabilities, the anterior strap need only be tightened (Fig. D) as much as necessary to allow for normal shoulder extension and external rotation.
6. Have the athlete test the ROM after each adjustment - even with forceful attempts (Fig. G).

**USE AND CARE:** Machine wash, cold water. AIR DRY.

**WARRANTY:** DJO, LLC will repair or replace all or part of the unit and its accessories for material or workmanship defects for a period of six months from the date of sale. To the extent the terms of this warranty are inconsistent with local regulations, the provisions of such local regulations will apply.

**FOR SINGLE PATIENT USE ONLY.**



NOTICE: WHILE EVERY EFFORT HAS BEEN MADE IN STATE-OF-THE-ART TECHNIQUES TO OBTAIN THE MAXIMUM COMPATIBILITY OF FUNCTION, STRENGTH, DURABILITY AND COMFORT, THERE IS NO GUARANTEE THAT INJURY WILL BE PREVENTED THROUGH THE USE OF THIS PRODUCT.