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# ***Stat-A-Dyne Shoulder***

## Fitting Instructions

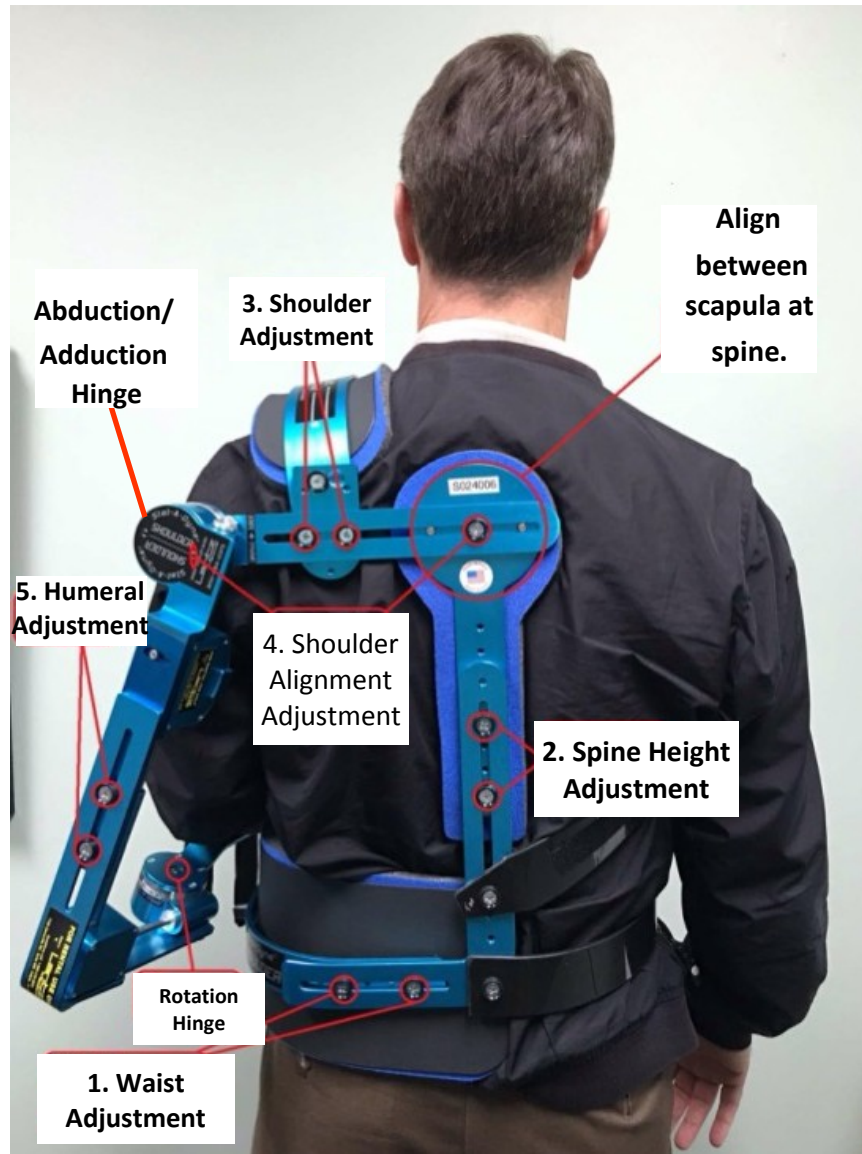
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### **APPLYING THE STAT-A-DYNE SHOULDER**

\*Before applying your Stat-A-Dyne Shoulder device, the hinge for Abduction/Adduction should be at 30° or less. The hinge for Internal/External Rotation should be set to neutral (0°). Adjustments **(1)** and **(2)** are to be made prior to donning the device.

1. Measure circumference from mid-point of Iliac Crest to center of Spinal Column at waist.
  - Use the above measurement to make **Waist Adjustment (1)**.
2. Measure the length from L5 to T3.
  - Use the above measurement to make **Spine Height adjustment (2)**.
3. Begin applying the device by placing the **Shoulder Cuff (3)** so it sits centered and well supported on the shoulder. The Chest and Waist Straps can be fastened at this point.
4. Make **Shoulder Alignment Adjustment (4)**, so the axis of motion is aligned through the shoulder joint (sagittal plane) for Abduction and Adduction.
5. Make **Humeral Adjustment (5)**, so that the elbow is flexed at a 90°. Be sure to lengthen the **Humeral Adjustment (5)** to avoid any impaction at the glenohumeral joint.
6. Make **Forearm Adjustment (6)**, so the axis of motion is aligned with the elbow for External/Internal Rotation. The Forearm Straps can be fastened at this point.

\*Please see reverse side of these instructions for Adjustment Diagrams 1-6.



In order to adjust from External/ Internal Rotation to Abduction/ Adduction; pull adjustment rod towards black knob, and move the adjustment rod up or down parallel to the humerus.

