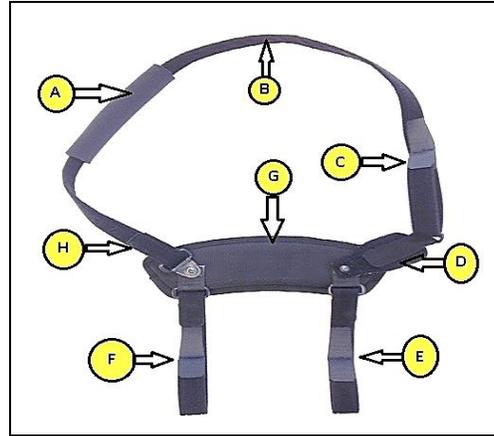


MyoPro 2 Harness Instructions

Identify the components:

- 1) Axilla Pad (A)
- 2) Axilla/Chest Strap (B)
- 3) Anterior Fine Adjustment Closure (C)
- 4) Quick Release Tab (D)
- 5) Anterior Suspension Strap (E)
- 6) Posterior Suspension Strap (F)
- 7) Shoulder Saddle (G)
- 8) Main adjustment closure (H)



Donning:

- 1) Apply the Shoulder Saddle (G) so that it sits on the shoulder between the neck and the tip of the shoulder. The Velcro for the Quick Release Tab is placed anterior and the chafe for the Axilla/Chest Strap is placed posteriorly. The AC joint and end of the shoulder fits into the cutout between the two suspension straps. *No part of the saddle should extend laterally beyond the shoulder.*
- 2) Apply the Quick Release Tab (D) to the anterior Velcro. Ensure the tab is centered and at a comfortable angle to prevent pressure on the axilla. Center the Axilla Pad (A) in the axilla.
- 3) On the Axilla/Chest Strap (B), adjust the anterior and posterior straps to provide a proper tension. The anterior Velcro should position midway over the contralateral pectoral muscle. This will be a fine adjustment the user can adjust for comfort. The posterior Velcro should be positioned to place overall tension on the strap. This is a one-time adjustment and should not be adjusted by the user.
- 4) Place the Anterior Suspension Strap (E) through the proximal D-ring on the Double Chafe located at the D-Ring for the humeral cuff strap. While applying an upward force on the MyoPro, tighten this strap. Ensure the strap is running anterior to the shoulder.
- 5) Place the Posterior Suspension Strap (F) through the single D-ring on the Posterior Suspension Chafe located at the medial aspect of the humeral cuff strap. While applying an upward force on the MyoPro, tighten this strap.
- 6) Fine tune the harness as necessary. Ensure the axilla pad is under the axilla. Check that the harness is flat against the body and comfortable.

If needed, all straps have an adjustable end. The adjustable end has a removable Velcro closure that can be separated from the strap, allowing the strap to be cut to length, then re-attach the Velcro closure. No sewing is necessary.

Though each patient's case is individual, final assembly should resemble:



Anterior View



Posterior View

Anti-Rotation Strap

The Anti-Rotation Strap (A-R strap) is added if shoulder tone, weakness, or instability prevents a patient from being able to externally rotate their arm away from their chest.

Donning:

1. Locate the D-rings on the humeral shell which are used for the harness. The anterior attachment point has two D-rings. One facing upward for suspension and one facing backward for the anti-rotation strap. Place the rounded end of the Anti-Rotation strap through the D-ring facing the back.
2. With the harness donned and tightened, grasp the A-R strap and pull it horizontally across the back until it crosses the axilla/chest strap. Ideally it should be near the center of the scapula. Note the location that it crosses the axilla strap. Open the hook, alligator closure and secure the front portion of the closure on the axilla strap. Close the back portion of the alligator closure on the backside of the axilla strap.
3. Flex the patient's arm to 90 degrees and have their hand pointing straight ahead. With the arm held in this neutral position, pull the rounded end of the A-R strap, through the D-ring on the upper shell. Secure the hook tab, once you have the desired tension. Adjust as necessary to keep the arm from internally rotating. The A-R strap may be shortened if the rounded side is too close to the axilla strap. To shorten the A-R strap, remove the alligator closure from the A-R strap and cut the A-R strap to the desired length, then re-attach the alligator closure. Check tension and readjust if necessary. No sewing is necessary.



With Anti-Rotation Strap