

# coretech™

## 670 ABDUCTION SLING



Owner's Manual – SUP2068BLK

## OVERVIEW

The Coretech 670 Abduction Sling provides comfortable support while immobilizing the shoulder following surgery or injury, including shoulder dislocations, subluxations, and rotator cuff repair. The fully adjustable shoulder sling includes two additional straps and integrated thumb loops to further secure the arm in an abducted position to promote healing while reducing hand fatigue.

We are constantly answering questions and recording helpful videos to make using your Coretech 670 Abduction Sling as easy as possible. Check out the included link and QR code to help you through the process.



To see all FAQs in one place  
visit [vhealth.link/5ffc1](https://vhealth.link/5ffc1)

## WHAT'S INCLUDED

- 1x Shoulder Sling With Straps
- 1x Abduction Pillow
- 1x Waist Strap
- 1x Hand Therapy Ball



## USING THE SLING (Assistance May be Required)

1. Remove all strap attachments from the Shoulder Sling and Abduction Pillow, keeping the main shoulder strap intact.
2. Slide your elbow into the sling and bring the shoulder strap over your head and rest it on the shoulder of your uninjured arm.
3. Adjust the length of the shoulder strap. The length should be set at a place where the sling takes the weight out of the injured arm, and holds it at roughly a 90 degree angle.



4. Attach and secure the forearm strap by attaching it to the outer forearm area of the sling, bringing it over the arm, and attaching snugly to the inner forearm.



5. To secure the hand, attach the hand strap on the palm side first, and bring the strap between the thumb and pointer finger, securing snugly on the top side of the hand.



6. Secure the waist strap and adjust to size. It should fit snug to the body like a standard belt.
7. Position the Abduction Pillow around the waist, and attach to the arm sling using the hook and loop tabs.



8. Attach the Therapy Ball to the front of the Abduction Pillow next to your hand.



9. To take off the sling, detach the shoulder strap first then the waist strap. Slide your arm out of the sling.

## ADJUSTING THE STRAPS



For a video demonstration  
check out **vhealth.link/wbh**

1. Remove the Y-straps.



2. Use the folding method to test the length before cutting. Mark the location you wish to cut, fold at this point, and then reattach the Y-strap to the fold to test the adjusted length before cutting.



**\*\* If you do not wish to cut the straps, you can keep using the folding method during use\*\***

3. Once the strap length is confirmed you can cut and reattach the Y-straps.
4. Readjust the inner foam padding as needed.



## CARE

Remove the strap attachments and machine wash or hand wash the sling in cold water with like colors. Spot clean the abduction pillow.

## WARNINGS

- Consult your doctor or physician before use.
- Do not use the support if pain persists or worsens.

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