

# Applications

## SHOULDER INSTABILITY CAN BE:

- **idiopathic:** namely when the ligaments have congenital excessive elasticity-laxity.
- **microtraumatic:** frequently experienced by sportspeople and caused by the repetition of movements that push joint excursion to the extreme.
- **post-traumatic:** complete or partial loss of joint interaction between the head of the humerus and the glenoid cavity.

An unstable shoulder can suffer a dislocation or subluxation if the head of the humerus is fully or partially displaced. The classic symptoms are pain and limited mobility, but the structures in the joint suffer permanent damage so it is highly likely to reoccur.

Conservative treatment is the preferred option, at least after the first episode, which means reducing the dislocation, immobilising the joint, and then mobilisation with muscle support.

But even before the trauma occurs, for example if the shoulder has congenital laxity, the patient is often aware that the situation needs to be corrected due to discomfort experienced while working and in everyday life.

Now the dynamic **ShoulderCross** brace offers an innovative alternative treatment that has proven to be extremely helpful in all clinical cases:

### Prevention or post-trauma

Wearing the **ShoulderCross** for two to six hours while doing "risky" sports or jobs helps to stabilise the joint, reducing the incidences of dislocation and subluxation, and more importantly enables the patient to once again have the confidence to use the joint correctly.

### Painful shoulder laxity

In cases of painful shoulder instability, **ShoulderCross** can be used for two to four months as part of a proper rehabilitation programme to reduce recovery time and the percentage of stabilisation operations needed.

### Postoperative care

When surgery is the preferred course of treatment, **ShoulderCross** helps to make the recovery and rehabilitation phase much more bearable as the shoulder is supported but without the full immobilisation that often leads to the convalescence not being completed correctly.

### All cases

The use of **ShoulderCross** is highly recommended so that the patient can feel the benefit; a benefit that will be assessed during visits with a specialist.

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# shouldercross

Functional shoulder brace

Size	REF. 20726 Right or left			
Circumference of the biceps cm	S	M	L	XL
Colour	22/26	26/30	30/35	35/40
	grey			

Right or left



## Indications

- Conservative treatment of instability following anterior or posterior dislocation of the glenohumeral joint.
- Protection of the shoulder during at-risk sports or occupational activities while waiting for surgery or following stabilisation.
- Useful during the rehabilitation of shoulders with painful hyperlaxity or functional instability.
- Useful after surgery to repair of large lesions of a rotator cuff, or as part of the conservative management of massive rotator cuff tears
- Helpful in managing the rehabilitation of scapular dyskinesis.

## Contraindications

- Currently no known.



www.orthoservice.com



**Headquarter:** ORTHOSERVICE AG  
Via Milano 7 - CH-6830 Chiasso (TI) - Switzerland  
Tel. 0041 (0) 91 822 00 88 - Fax 0041 (0) 91 822 00 89  
info@orthoservice.com - www.orthoservice.com  
**Niederlassung Deutschland:** Orthoservice Deutschland GmbH  
Flugstraße 8 - D-76532 Baden-Baden - Deutschland  
Tel. 0049 (0) 7221 991 39 11 - Fax 0049 (0) 7221 991 39 13  
info@orthoservice.de - www.orthoservice.de  
**Sede italiana:** RO+TEN s.r.l.  
**Sede legale:** Via Marco De Marchi, 7 - I-20121 Milano (MI) - Italia  
**Sede operativa e amministrativa:**  
Via Comasina, 111 - I-20843 Verano Brianza (MB) - Italia  
Tel. 0039 039 601 40 94 - Fax 0039 039 601 42 34  
info@roplusten.com - www.roplusten.com  
Società soggetta a Direzione e Coordinamento (art. 2497bis CC):  
Orthoservice AG (CH) - 6830 Chiasso (TI) - Switzerland



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shouldercross

# Functional shoulder brace



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# Shoulder laxity can knock your confidence

The shoulder joint is different from all the other joints. The head of the humerus is hemispherical and rests on a vertical surface which is only slightly concave and cannot contain it. While this conformation enables the shoulder to move in three different directions, it makes the joint rather vulnerable as its stability depends on soft structures, namely the joint capsule, ligaments and tendons of the rotator cuff. And sometimes a shoulder with congenital hyperlaxity suffers a subluxation or a dislocation. This can trigger the start of a vicious circle that is difficult to manage. In addition to causing very acute pain, once a shoulder has been damaged it will always be vulnerable and less reliable. So, what can we do? Keep the shoulder immobilised? Always restrict how the shoulder is used to prevent a recurrence?

Now with **ShoulderCross** you can have an innovative alternative treatment.



## BREATHSKILL FABRIC BRACE

The brace is made from a soft, breathable fabric. The special weave creates a 3D design that forms two slightly separated layers which enable air to circulate. The outer covering is made with a special mesh weave that makes it stronger and incredibly reliable.



## ADJUSTABLE ARM CUFF WITH A VELCRO® FASTENER

The arm cuff can be adjusted to ensure a perfect fit around the arm. A small elasticated strap with a Velcro® fastener enables the patient to tighten or loosen the fit.



## CROSSOVER ELASTICATED SUPPORT STRAPS

Once the joint has been completely wrapped in the brace, two crossover elasticated straps restrict movement to the desired range of motion prescribed by a physician. Easily adjustable, each strap can be passed through the loops provided or they can both be passed through the same loop.

Innovative and functional, it secures the shoulder without immobilisation.



## ADJUSTABLE PADDED CONTRALATERAL FASTENING STRAP

A special contralateral strap stabilises the brace and prevents it from moving. Slide the arm into its cuff, secure the Velcro® fastener, and then just take hold of the strap from the back, pass it under the opposite armpit and across the chest so it may be fastened with the buckle at the front. The strap can be cut to size, making sure that the underarm padding is actually positioned under the armpit first.

