



GivMohr® SLING

Flaccid Upper Extremity Positioning Device
Designed & Developed by Victoria Givler, OT and Paul Mohr, PT



Benefits:

- ◆ Reduces shoulder subluxation
- ◆ Reduces shoulder pain
- ◆ Supports the arm in a functional position
- ◆ Facilitates improved posture
- ◆ Facilitates improved balance
- ◆ Facilitates improved gait
- ◆ Protects the flaccid arm and shoulder joint
- ◆ Allows controlled arm swing
- ◆ Improves activities of daily living
- ◆ Easy application by user

Sizing: **Pediatric** (wt. 45-70 lbs.), **X-Small** (ht. under 5'/wt. 80-100 lbs.), **Small** (ht. 5'-5'4"/wt. 100-140 lbs.), **Medium** (ht. 5'3"-5'10"/wt. 135-185 lbs.), **Large** (ht. 5'10"-6'4"/wt. 180-235 lbs.), **X-Large** (ht. over 6'4"/wt. over 235 lbs.)

NEW ERGONOMIC HANDPIECE
(WITH REMOVABLE, WASHABLE, PADDED COVER)



UNIVERSAL FIT:
Supports
Left or Right Arm
(LATEX FREE)

GivMohr Web Site:



US Patents
6945945
D688, 977,
Patent Pending



EU Authorized Representative:
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LOT #0423

Fitting the GivMohr Sling

1. Place uninvolved arm through the shoulder loop
2. Lay sling across back and drape anterior strap over involved shoulder with blue stripe against arm and "GivMohr" side of 4-Tab facing out
3. Position 4-Tab low on back between shoulder blades
4. Position hand in Handpiece before placing elbow.
5. Place elbow in sling and adjust Elbow Strap horizontally 1" below elbow
6. Adjust both straps at buckles to reduce subluxation
7. Slide Axillary (Arm Pit) Pad to a comfortable position
8. Reposition 4-Tab for optimum comfort and function (see back)
9. Lock 4-Tab in place (instructions on back)
10. Adjust Handpiece if needed (instructions on back)
11. Adjust posterior strap to bring shoulder into neutral rotation

Step 2 (Blue Stripe)



Step 4 (Handpiece)



Step 5 (Elbow Strap)



Step 7 (Axillary Pad)



Steps 8 & 9 (4-Tab)



Proper Fit

Initial fitting by PT or OT is recommended to ensure proper fit.

Check the following:

- Shoulder subluxation is reduced
- Arm held in neutral shoulder rotation
- 4-Tab optimally positioned and locked (see instructions on back)
- Axillary Pad in a comfortable position
- Elbow in less than 30 degrees of flexion
- Elbow Strap positioned 1" below elbow and horizontal in orientation
- Wrist Cross centered over wrist (see instructions on back)
- Handpiece position accommodates contour of hand
- Blue Stripe against arm and "GivMohr" side of 4-Tab facing out

Visit www.GivMohrSling.com/use-the-sling/ or scan the QR code at right for our online User Guide

GivMohr User Guide:



**For More information or instructional videos,
please visit us at
www.GivMohrSling.com or
YouTube (keyword search "GivMohr Sling").**

4-Tab Locking Instructions (Recommended)

FOR MAXIMUM BENEFIT, Lock the 4-Tab of your GivMohr Sling

1. Correctly position GivMohr Sling
2. Position the “unlocked” 4-Tab for optimum comfort and function. **AVOID** placing 4-Tab at base of the neck or over any boney prominence. Greater comfort is typically achieved with the 4-Tab located low on the back (about the level of the bottom of the shoulder blade).
NOTE: Unlimited alternate positions are possible (see one example below right).
3. Lock the 4-Tab in place by snapping the webbing under the locking hooks on ALL 4 SIDES
4. Re-check the overall fit of the GivMohr Sling and repeat if needed



Unlocked 4-Tab



Locked 4-Tab



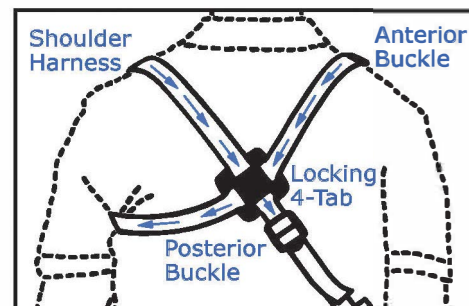
Typical Position



Alternate Position Example

Lowering 4-Tab Position

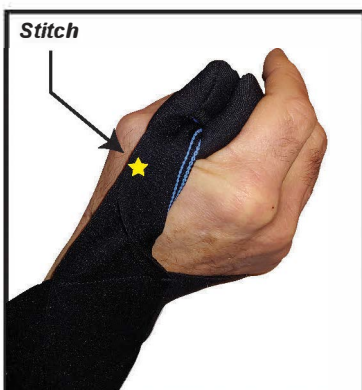
If limited by posterior buckle, a lower 4-Tab position may be achieved by shifting excess webbing from front to back (see right). To do this, loosen webbing at, and move anterior buckle toward the 4-Tab, work the extra webbing through the 4-Tab, around the uninvolved axilla (readjust axillary pad position) and through the 4-Tab again toward the posterior buckle. The 4-Tab can then be moved lower on the back. This adjustment can also be used to relocate the anterior buckle for comfort.



Shifting excess webbing front to back

Handpiece Adjustment Instructions (Optional)

For best results, these adjustments should be made by a therapist
Optimal wrist control is achieved when Wrist Cross is directly over and immediately adjacent to the wrist joint.



Folding Elastic

Making the hand opening larger

- Fold the elastic in half by taking the 1st Finger side edge toward the thumb (the blue pin striping should appear at about half-way).
- Stitch the two elastic edges with a needle and thread to hold in place.
- Repeat on the ulnar (pinkie side) of the hand if more opening is needed.

Flexion/Extension Wrist Adjustment

This adjustment is rarely needed and should be made by a therapist.

- Find Hook/Loop connection inside Handpiece
- Release both Left and Right, Hook/Loop connections
- Rotate elastic position relative to Handpiece to increase flexion or extension
- Reattach newly positioned elastic at Hook/Loop connection



Flexion/Extension

Notes:

- Handpiece Cover can be removed for washing. It is best to leave the plastic Handpiece attached to the Sling when doing so.
- If reattaching the Handpiece to the Sling, the embossed “GivMohr Sling” on the Handpiece is to be on the Finger side.
- Handpiece can be easily removed to allow a user specific hand/wrist splint to be paired with the GivMohr Sling.
- Most splints can be modified by adding Hook positioned to attach to the existing loop on the elastic of the GivMohr Sling.

www.GivMohrSling.com

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