



## INSTRUCTION GUIDE

### IMPORTANT!

- It is imperative to slowly build up usage until the user can wear it during activity for 2-3 hours without significant pain or fatigue. Otherwise, the effectiveness of the unit may be diminished.
- For optimum stability and rehabilitation the tubing tension should be periodically adjusted as strength increases.
- An instructional CD or video is provided as a supplement to the written instructions.

The **Cadlow™ Shoulder Stabilizer** is the first and only multisport dynamic glenohumeral stabilizing shoulder brace to allow the professional or amateur athlete a full range of motion in their sport. This patented system is protective in that it helps to prevent recurrent shoulder subluxations and dislocations, and strengthening in that it provides graduated resistance throughout the full range of motion.

The Cadlow™ differs from most shoulder braces which are restrictive in design and function. The goal is to allow the high performance athlete to fully function at their sport without fear of shoulder pain from subluxations or dislocations. The Cadlow™ allows for a custom fit within small, medium, large, and extra large sizes and can be applied easily and quickly by the athlete without assistance.

The Cadlow™ Shoulder Stabilizer is an adjustable item. For best results, a caregiver should assemble and fit the unit while the user is wearing the individual components. While measuring the color and length of tubes to be used, it is important that the arm is resting by its side. The Cadlow™ is worn most comfortably over a light T-shirt and under a team jersey.



For more information, call DM Systems, Inc. at

**800.254.5438**



Suggested Code: L3675  
 Patent No. 5,163,450

## STEP 1

Put on the enclosed compression shorts to prevent migration of the stabilizer. The three loops in the shorts will eventually be used to connect with the diagonal tubes as well as the two side tubes.

## STEP 2

Put on the armband. It should be close fitting around the upper arm, between the biceps and shoulder muscle. The loops on the arm band should face down under the armpit.

## STEP 3

Identify the front, back, top, and bottom of the Cadlow™ vest. Put on the vest and secure the hook-n-loop closure in front. On the back there are 2 adjustable buckles. These should be adjusted for a snug fit without discomfort or restriction of breathing.

## STEP 4

Take out the tubes and lay them on a table. You will notice they come in eight different lengths with a green (weak), blue (medium), and black (strong) for each length. The proper color to use depends on the strength of the user. For most athletes blue is a good starting point.

**IMPORTANT:** The tubing strength must be adjusted to a higher level as use progresses and strength increases. Otherwise, the effectiveness of the unit cannot be guaranteed.

## STEP 5

There are two 3" black tubes called tie-downs. These will be used to connect the sides of the vest to the side loops of the compression shorts.

### EXPRESS APPLICATION

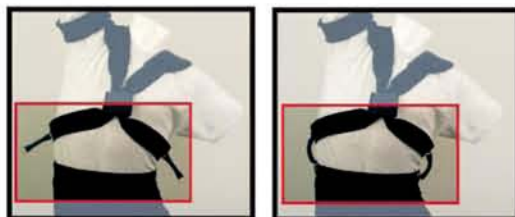
  
 Knuckle Covers

STEP 7  
 &  
 STEP 8

  
 Spring Links

## STEP 6

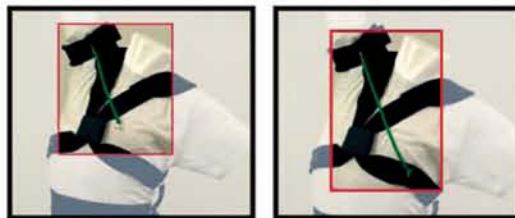
- Attach the D-ring side of Tube 1 and Tube 2 to the lowest loop on each side of the vest.
- Connect the other side of tubes one and two to the corresponding sides of the compression shorts.



## STEP 7

- Identify the front end of the armband loop closest to the chest.
- Tube 3 will attach this to the closest loop on the opposite side of the harness.
- Pick a tube length that stretches about 1" to make both armband and harness loops meet.
- Attach one end of the tube to the armband and the other to the harness.

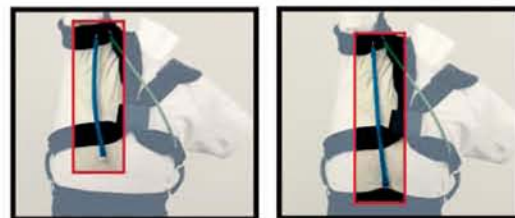
**EXPRESS APPLICATION:** (For express application, use this step rather than the last bullet above.) Attach one end of the tube to the armband. Place knuckle cover on the opposite end of the tube. Attach tube to harness using the spring link. Slide knuckle cover over the spring link.



## STEP 8

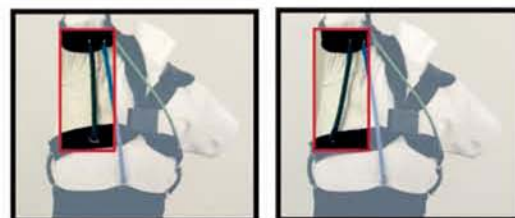
- Identify the armband loop next to Tube 3. The D-ring of Tube 4 will attach this loop to the front loop on the compression shorts.
- Pick a tube length that stretches about 1" to make both the armband loop and the front loop of the compression shorts meet.
- Attach one end of the tube to the armband and the other to the shorts.

**EXPRESS APPLICATION:** (For express application, use this step rather than the last bullet above.) Attach one end of the tube to the armband. Place knuckle cover on the opposite end of the tube. Attach tube to shorts using the spring link. Slide knuckle cover over the spring link.



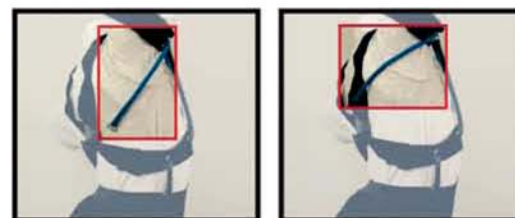
## STEP 9

- Identify the armband loop next to Tube 4.
- Identify the harness loop closest to the chest on the same side as the armband.
- Pick a tube length that stretches 1" to make the armband loop and the harness loop meet.
- Use the D-rings to attach the armband loop to the harness loop.



## STEP 10

- Identify the last available armband loop.
- Identify the last loop on the back of the harness. It is the last placed loop on the same side as the armband.
- Pick a tube length that stretches 1" to make the armband loop and the harness loop meet.
- Use the D-rings to attach the armband loop to the harness loop.



## TIPS FOR ASSEMBLY

1. Hold the tube in front of you.
2. There are two openings on the connector.
  - One in front with the opening facing down.
  - One in back with the opening facing up.
3. Slide the tube on the connector to the top corner.
4. Use the opening in back with the opening facing up and pull it through the loop.
5. Once you see the connector coming through, pull it up and towards you to get it all the way through the loop.
6. Place the opening on top behind the loop.
7. Slide the tube back to the center to lock the connector in place.



## TAKING OFF THE CADLOW

1. Disconnect all D-rings located on the front of the harness.
2. Take off the armband.
3. Unfasten the hook-n-loop closure on the front and take off the unit.

For more information, contact us at:



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