



GivMohr® SLING

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



US Patents
6945945
D688,977



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

BLUE STRIPE

- Ped (GMS-PED)
- XS (GMS-00)
- S (GMS-10)
- M (GMS-20)
- L (GMS-30)
- XL (GMS-40)

LATEX FREE

GivMohr Web Site:



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.)

www.GivMohrSling.com

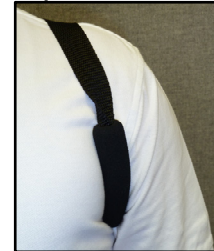
Fitting the GivMohr Sling

1. Orient sling on a flat surface with Blue Stripe (inside) up
2. Place uninvolved arm through the shoulder loop
3. Lay sling across back and drape anterior strap over involved shoulder
4. Position 4-Tab low on back between shoulder blades
5. Position hand into Handpiece
6. Locate Elbow Strap horizontally 1" below elbow
7. Adjust both straps at buckles to reduce subluxation
8. Slide Axillary (Arm Pit) Pad to a comfortable position
9. Reposition 4-Tab for optimum comfort and function (see back)
10. Lock 4-Tab (instructions on back)
11. Adjust Handpiece if needed (instructions on back)
12. Adjust posterior strap to bring shoulder into neutral rotation

Step 1



Step 8



Steps 5 and 6



Steps 9 and 10



Proper Fit

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

Check the following:

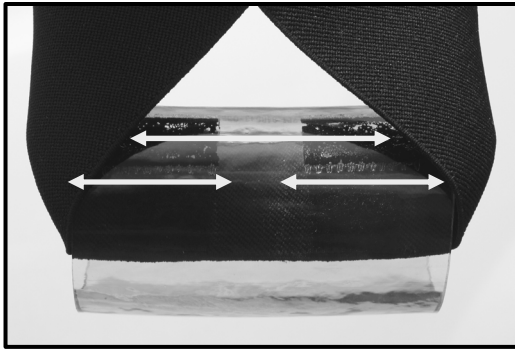
- ◆ Shoulder subluxation is reduced
- ◆ Shoulder in neutral rotation
- ◆ 4-Tab optimally positioned and locked (see instructions on back)
- ◆ Axillary Pad in a comfortable position
- ◆ Elbow in less than 30 degrees of flexion
- ◆ Elbow Strap positioned 1" below elbow and horizontal
- ◆ Wrist Cross centered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

GivMohr User Guide:



Handpiece Adjustment Instructions (Optional)

For best results, these adjustments should be made by a therapist



Hand Opening & Ulnar/Radial Deviation

Hand Opening Adjustment

(to accommodate girth/size of hand and position of wrist diamond)
Optimal wrist control is achieved when wrist cross is directly over the wrist joint.

- Find Velcro attachments inside hand piece
- Carefully detach one side of elastic at Velcro connection
- Stretch or Release elastic to loosen or tighten as needed
- Reattach elastic at Velcro connection
- Repeat the above adjustment on the other side of the Handpiece

Wrist Adjustments

These adjustments are rarely needed and should be made by a therapist.

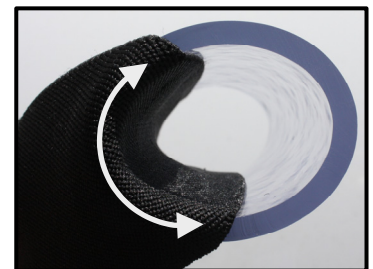
Ulnar/Radial Deviation

(to evenly distribute pressure on hand)

- Release one side of elastic from Velcro and stretch/shorten to adjust pressure on left or right side of hand
- Reattach elastic to Velcro
- Repeat for other side as needed

Flexion/Extension

- Release both sides of Velcro
- Rotate elastic position relative to Handpiece to increase flexion or extension
- Reattach elastic to Velcro



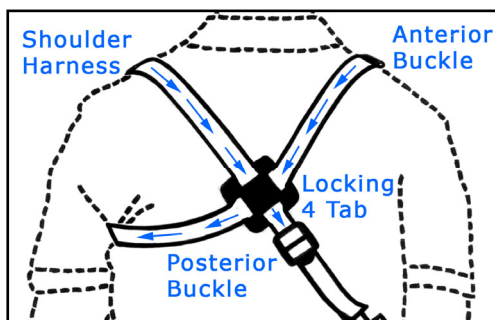
Flexion/Extension

4-Tab Locking Instructions (Recommended)

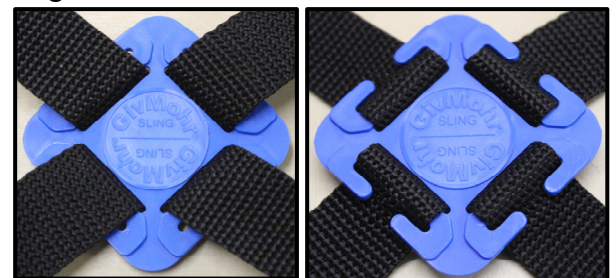
FOR MAXIMUM BENEFIT, Lock the 4-Tab of your GivMohr Sling

1. Correctly position GivMohr Sling
2. Position the “unlocked” 4-Tab for optimum comfort and function. AVOID placing 4-Tab on base of the neck. Greater comfort is typically achieved with the 4-Tab located low on the back (about the level of the bottom of the shoulder blade). **ALTERNATE POSITION:** Locate the 4-Tab over the lower half of the shoulder blade of the involved shoulder. AVOID placement over any boney prominence.
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

Occasionally, lower 4-Tab position can be achieved by shifting webbing from front to back (see below). To do this, move anterior buckle toward the 4-Tab, work the extra webbing through the 4-Tab, around 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.



Shifting webbing front to back



Unlocked

Locked



Typical Position

Alternate Position