



# 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

BLUE STRIPE

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

## UNIVERSAL FIT:

Supports Either Left  
or Right Arm

## LATEX FREE

GivMohr Web Site:



LOT #917

US Patents  
6945945  
D688, 977



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2514 AP The Hague  
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[www.GivMohrSling.com](http://www.GivMohrSling.com)

222B Cynthia Loop NW • Albuquerque NM 87114

## 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 into Handpiece
5. Position 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 (instructions on back)
10. Adjust Handpiece if needed (instructions on back)
11. Adjust posterior strap to bring shoulder into neutral rotation

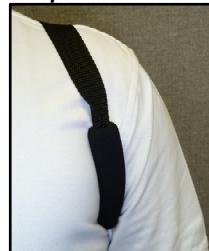
### Steps 8 and 9



### Step 2



### Step 7



### Steps 4 and 5



## 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 arm and "GivMohr" side of 4-Tab facing out

GivMohr User Guide:



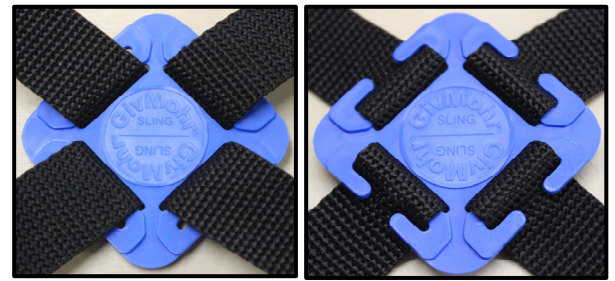
Visit [www.GivMohrSling.com/instructions.htm](http://www.GivMohrSling.com/instructions.htm) for donning videos or scan code at right for online User Guide

9/2017

## 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. 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). 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



Unlocked

Locked

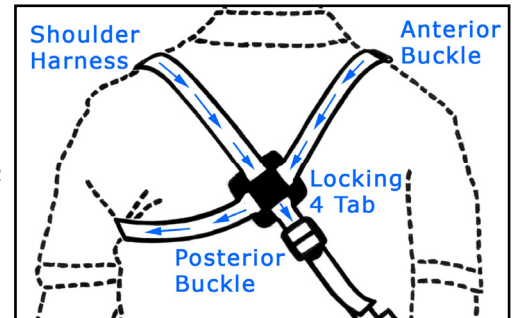


Typical Position

Example Alternate Position

### Lowering 4-Tab Position

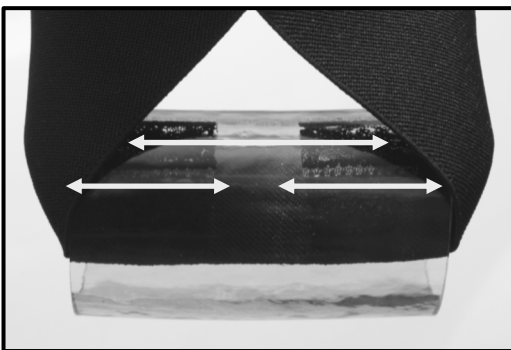
Occasionally, lower 4-Tab position can be achieved by shifting excess webbing from front to back (see right). To do this, move anterior buckle toward the 4-Tab, work the extra webbing through the 4-Tab, around uninvolved axilla (readjust axillary pad position) and through the 4-Tab again toward the posterior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



Shifting excess webbing front to back

## Handpiece Adjustment Instructions (Optional)

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



Hand Opening

### Hand Opening Adjustment

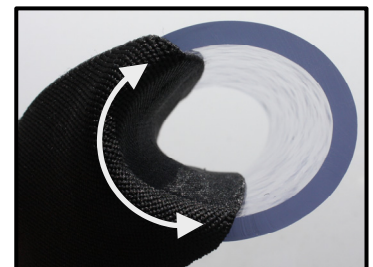
(to accommodate girth/size of hand and position of wrist diamond)  
*Optimal wrist control is achieved when wrist cross is directly over the wrist joint.*

- 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

### Flexion/Extension Wrist Adjustment

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

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



Flexion/Extension