

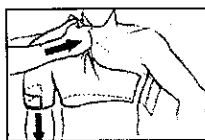
# The Sully® Shoulder Stabilizer Application Guide

## Applying the Sully



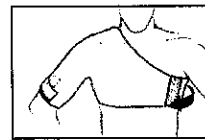
Step 1

Place the involved arm in the sleeve of the Sully. Attach the hook and loop strap snugly just above the elbow.



Step 2

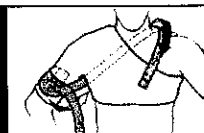
Hold the garment in place while the athlete pushes the arm down into the Sully to assure good contact between the neoprene and the skin.



Finished Wrap

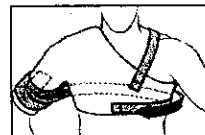
Close the garment using the hook and loop closure under the opposite arm to provide a comfortable but snug fit.

## Anterior instabilities



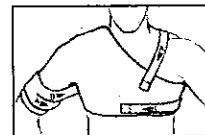
Strap A

Attach the fixed hook and loop end of the bifurcated (split) strap to the Sully on the posterior and lateral aspect of the involved arm. Pull the lower strap (A) under the axilla, behind the back and over the opposite shoulder. Cut strap to length and secure with hook and loop closure.



Strap B

Put the upper position of the bifurcated strap (B) under the axilla, behind the back and around to the front of the body. Cut strap to length and secure with hook and loop closure.



Finished Wrap

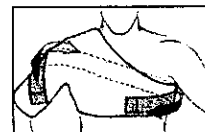
Check for desired levels of mobility and stability. Adjust straps as needed.

## Multi-directional instabilities



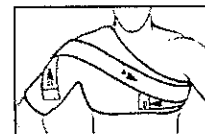
Strap A

Attach the fixed hook and loop end of the 4" strap (A) to the medial and posterior aspect of the involved arm. Pull the strap superiorly just distal to the acromion process. Bring the strap across the chest then around the back. Cut strap to length and secure with hook and loop closure.



Strap B

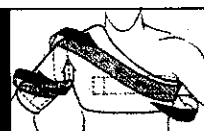
Attach the fixed hook and loop end of the second 4" strap (B) to the medial and anterior aspect of the arm. Pull the strap superiorly and laterally just distal to the acromion process. Bring the strap across the back then around to the front of the chest. Cut strap to length and secure with hook and loop closure.



Finished Wrap

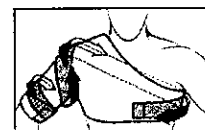
Check for desired levels of mobility and stability. Adjust straps as needed.

## Inferior instabilities



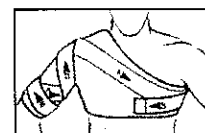
Strap A

Attach the fixed hook and loop end of the 4" strap (A) to the medial and posterior aspect of the arm. Spiral the strap around to the front of the arm, then under the axilla. Bring the strap across the chest then around to the back. Cut to length and secure with hook and loop closure.



Strap B

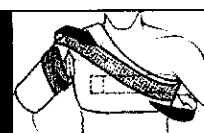
Attach the fixed hook and loop end of the second 4" strap (B) to the medial and anterior aspect of the arm. Spiral the strap around to the back of the arm, then under the axilla. Pull the strap up and over the acromioclavicular joint. Bring the strap across the back then around to the front of the body. Cut the strap to length and secure with hook and loop closure.



Finished Wrap

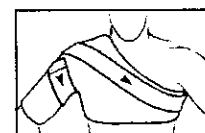
Check for desired levels of mobility and stability. Adjust straps as needed.

## Posterior instabilities



Strap A

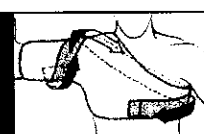
Attach the fixed hook and loop end of the 4" strap (A) to the lateral and posterior aspect of the arm. Pull the strap down under the axilla then over the posterior and superior aspects of the humeral head. Bring the strap across the chest then around to the back. Cut to length and secure with hook and loop closure.



Finished Wrap

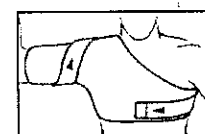
Check for desired levels of mobility and stability. Adjust straps as needed.

## Rotator cuff deceleration



Strap A

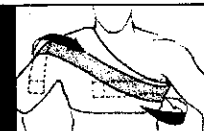
Position the athlete's arm in an externally rotated position. Attach the fixed hook and loop end of the 4" strap to the posterior aspect of the athlete's arm. Pull the strap up and over the acromioclavicular joint. Bring the strap across the back, then around to the front of the body. Cut to length and secure with hook and loop closure.



Finished Wrap

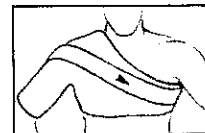
Check for desired levels of mobility and stability. Adjust straps as needed.

## Muscle strains (pectoral, etc.)



Strap A

Attach the fixed hook and loop end of the 4" strap to the medial and posterior aspect of the involved arm. Pull the strap superiorly just distal to the acromion process. Bring the strap across the chest then around the back. Cut strap to length and secure with hook and loop closure.



Finished Wrap

Check for desired levels of mobility and stability. Adjust straps as needed.

The Sully®

## FOR BEST RESULTS:

- Start with the athlete's arm in the position shown in the diagram. For most wraps, this will be the hands-on-hips position. Modify the starting position as desired to increase or decrease stabilization or assistance.
- Keep the straps taut during application and adjust tension levels as necessary.
- Move the fixed hook and loop end of the strap closer to the elbow when higher levels of stabilization are desired. Move the fixed hook and loop end of the strap closer to the shoulder for lighter support or to allow increased mobility.

Be Creative: The Sully can be custom-fit for each application. Tailor the wrapping process to the needs of the athlete.



©2014 DJO, LLC. All rights reserved.

DJO, LLC  
A DJO Global Company  
5919 Sea Otter Place  
Suite 200  
Carlsbad, CA 92010-USA  
800.592.7329  
+1.317.406.2209 Outside USA  
djoglobal.com/chattanooga



MDSS GmbH  
Schiffgraben 41  
30175 Hannover Germany

13-8588 Rev.A