

# CROSS™ Hemi Shoulder

Designed for Independent Use, Optimal  
Comfort, and Enhanced Rehabilitation





# An innovative shoulder orthosis designed to lift, support, and alleviate pain

The CROSS™ Hemi Shoulder is a comfortable and stable textile orthosis designed to address subluxation and shoulder pain(1-5).

The orthosis is designed to provide controlled correction of the arm and shoulder joint position through external rotation and elevation, aimed at alleviating pain, improving posture, and enhancing functional movement, thereby supporting the user's active rehabilitation process.

## Indications

Subluxation, shoulder pain and dysfunction resulting from neurological conditions such as:

- Stroke
- Paretic shoulder/arm due to hemiplegia
- Brachial plexus injuries

## Contraindications

Traumatic shoulder dislocation. Use of Pacemaker. Use of defibrillator (ICD)..



## One-Handed Use

The CROSS™ Hemi Shoulder orthosis is designed for easy one-handed application and removal. Flexible stays help open the orthosis during fitting, making it simple to apply over an upper limb affected with spasticity and paresis, ensuring smooth and effortless use even with reduced motor function.

## Easy Application

A magnetic buckle and the FitGo lacing system provide a quick and intuitive fit. With just a few turns of the adjustment dial, the arm is effortlessly lifted and positioned for optimal support.

## User-Friendly

The orthosis has no loose straps or complicated fastenings. Clear numbering guides the user through four simple steps for correct positioning.

## Increased Comfort

Soft, flexible materials and padded areas for pressure-distribution provide high comfort during prolonged use.

## Designed for movement

The orthosis places the upperlimb in a functional position without restricting mobility, ensuring stability whilst allowing for natural movement. The FitGo lacing system enables quick and easy adjustments for an optimal fit. The FitGo system remains accessible, even when the orthosis is worn underneath thicker clothing such as a sweater.

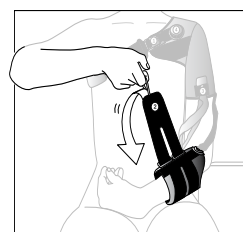
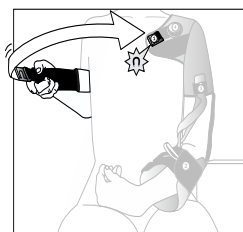
## Machine Washable

For easy maintenance and optimal hygiene, the orthosis is machine washable at 40°C, making it practical for everyday use.

## 4 Simple Steps to donning the CROSS™ Hemi Shoulder

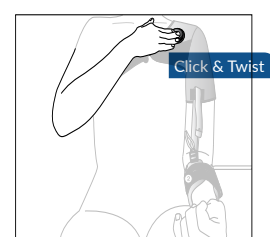
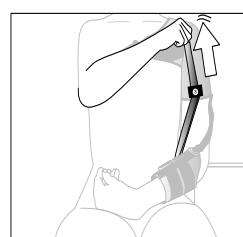
- 1 Place the shoulder cuff onto the affected shoulder, and bring the magnetic buckle over the chest.**

The starting point for a stable and secure fit.



- 2 Fasten the lower arm section**

The distal arm section works in conjunction with the upper section of the orthosis to externally rotate and elevate the limb.



- 3 Tighten the rotation strap**

Externally rotates the arm.

- 4 Fit-Go Twist-Lock System**

Elevates the arm position to support optimal function and comfort.

You can find our instructional videos for the CROSS™ Hemi Shoulder here!



## Positioning for Relief and Protection

### Positioning of the Shoulder Complex:

- Addresses subluxation and internal rotation without restricting arm mobility.
- Relieves pain and Improves Function. Helps prevent overstretching of the capsule, ligaments, tendons, and nerves.
- Helps prevent further injury. Incorrect upper limb positioning may lead to pain, muscle and joint damage and or dysfunction. The CROSS™ Hemi Shoulder is designed to minimise these risks.



# CROSS™ Hemi Shoulder

- Featuring the FitGo System for efficient, individualised lifting of the humerus.
- Magnetic Buckle facilitates easy application and removal.
- The orthosis is clearly marked with numbers, providing users and caregivers with visual guidance for easy application and removal.
- Made with high quality, soft, materials to enhance comfort and wearability.
- The open design is tailored for an upper limb affected by spasticity and paresis. The flexible stays ensure easy application by keeping the orthosis open.
- Padding under the unaffected axilla reduces nerve compression, while a padded shoulder stabiliser prevents pressure points. Forearm stays ensure even pressure distribution without restricting circulation.
- The rotation strap, externally rotates the arm before lifting.
- CROSS™ Hemi Shoulder Strap (28718) can be applied if extra support and shoulder retraction is required.



# Additional Neurological Orthoses – For Secure and Stable Support

## Comprehensive Support for Optimal Function

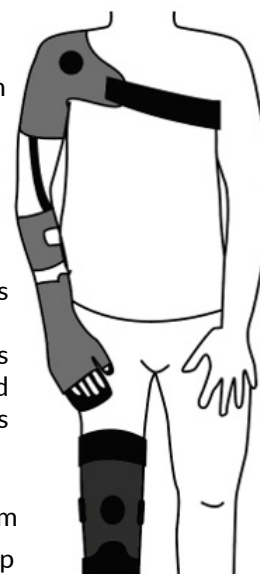
To provide complete patient care, the CROSS™ Hemi Shoulder can be combined with other products from our range. We offer a variety of solutions, including support for the neurological wrist and hand, genu recurvatum, and footdrop. These orthoses are designed to enhance function, balance, and posture, offering individualised support tailored to each patient's specific needs.

Shoulder Subluxation

Contractures

Hand and arms  
with spasticity and  
paresis

Genu Recurvatum  
Foot Drop



## Our Range



### Allard AFO Foot Drop Orthoses

For patients with varying degrees of Foot Drop.



### CROSS Hyperextension Knee Orthosis

For patients with Knee Hyperextension.



### S.O.T Resting Splint

For patients with spasticity and paresis of the hand and arm.



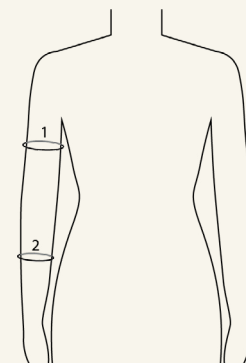
## CROSS™ Hemi Shoulder

| Item No.  | Size    | L/R   | Upper arm circumference (1) | Forearm circumference (2) |
|-----------|---------|-------|-----------------------------|---------------------------|
| 287171010 | X-Small | Left  | 24-28 cm                    | 21-24 cm                  |
| 287171011 | Small   | Left  | 27-31 cm                    | 23-26 cm                  |
| 287171012 | Medium  | Left  | 30-35 cm                    | 25-29 cm                  |
| 287171013 | Large   | Left  | 34-39 cm                    | 28-32 cm                  |
| 287171014 | X-Large | Left  | 38-43 cm                    | 31-35 cm                  |
| 287172010 | X-Small | Right | 24-28 cm                    | 21-24 cm                  |
| 287172011 | Small   | Right | 27-31 cm                    | 23-26 cm                  |
| 287172012 | Medium  | Right | 30-35 cm                    | 25-29 cm                  |
| 287172013 | Large   | Right | 34-39 cm                    | 28-32 cm                  |
| 287172014 | X-Large | Right | 38-43 cm                    | 31-35 cm                  |

| CROSS™ Hemi Shoulder, Strap |          |  |  |  |
|-----------------------------|----------|--|--|--|
| 287180000                   | One Size |  |  |  |

Visit our website for more information and the full Instruction for Use.



## References:

1. Chatterjee, Hayner et al./ North American Journal of Medical Sciences, 2016  
The California Tri-pull Taping Method in the Treatment of Shoulder Subluxation After Stroke: A Randomized Clinical Trial.
2. M Nadler and MMH Pauls, Clinical rehabilitation 2017  
Shoulder orthoses for the prevention and reduction of hemiplegic shoulder pain and subluxation: systematic review.
3. Hartwig, M, et al. Clinical Rehabilitation, 2012  
Functional orthosis in shoulder joint subluxation after ischemic brain stroke to avoid post-hemiplegic shoulder-hand syndrome: a randomized clinical trial.
4. Willemijn R.G., Verloop, et al. P & O Rehabilitation 2021  
A newly designed shoulder orthosis for patients with glenohumeral subluxation: a clinical evaluation study.
5. K.N. Arya, S. Pandian, et al. Topics in Stroke Rehabilitation 2018  
Rehabilitation methods for reducing shoulder subluxation in post-stroke hemiparesis: a systematic review.

### **Support for Better Life**

Everyone should be able to live their life to the fullest, regardless of their mobility challenges. With innovative solutions developed in close collaboration with healthcare professionals and patients, we strive to provide Support for Better Life.

**allard**

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