

## PATIENT INSTRUCTIONS

### Donning the Sling



With someone supporting your arm, the sling is first attached from behind the back and locked in the front.



The sling is then attached in the front.

## Doffing the Sling



With someone supporting your arm, the sling is unlocked from the front of the sling.



The arm remains supported as the sling is removed.

Proper Sling Wear



The arm is supported at side resting against the sling pillow.



The elbow is bent to 90 degrees and is comfortably resting in the sling.

**Common Sling Wearing Mistake**



The sling has slid around to the front of the body. This position can place excessive stress on the repair.



The straps of the sling are too loose. In this position the arm is not supported and excessive stress can be placed on the repair.



The sling pillow is not being utilized and excessive stress can be placed on the repair.

### Donning a Button Up Shirt



Bend forward to allow your arm to hang. Please have someone assist you in placing your arm in the sleeve.



Stand to allow the sleeve to be placed over your shoulder. Keep your arm relaxed.



You can now place your arm in the other sleeve.

### Doffing a Button Up Shirt



With someone supporting your arm, remove your opposite arm from the sleeve.



Lean forward to allow the other sleeve to move off your shoulder.



Bend forward to allow the sleeve to the shirt to be removed.

**DO NOT PERFORM THE FOLLOWING MOVEMENTS**



DO NOT LIFT UP  
YOUR ARM AT  
ANYTIME. THIS  
ALSO APPLIES FOR  
WHEN YOU ARE  
NOT IN THE SLING.



DO NOT PLACE  
YOUR ARM  
BEHIND YOUR  
BACK AT  
ANYTIME.

CALL WITH QUESTIONS



PLEASE CALL WITH  
QUESTIONS.