

## Sling Instructions

You have been given a sling to wear during your recovery. It is critical that you wear this sling as directed to prevent injury to your arm during the time when you shoulder is most vulnerable. You will need to know how to remove your sling for bathing and exercising. This sheet will give you safe and basic instructions on how to remove your sling. Failure to wear the sling as described may result in irreparable damage to your arm.

Most slings have 3 pieces: a strap (for around your neck), a pillow and a sling to support your arm. While you are in your sling, your arm should be parallel with the ground. This pillow should rest on your hip. Your wrist should be supported IN the sling.

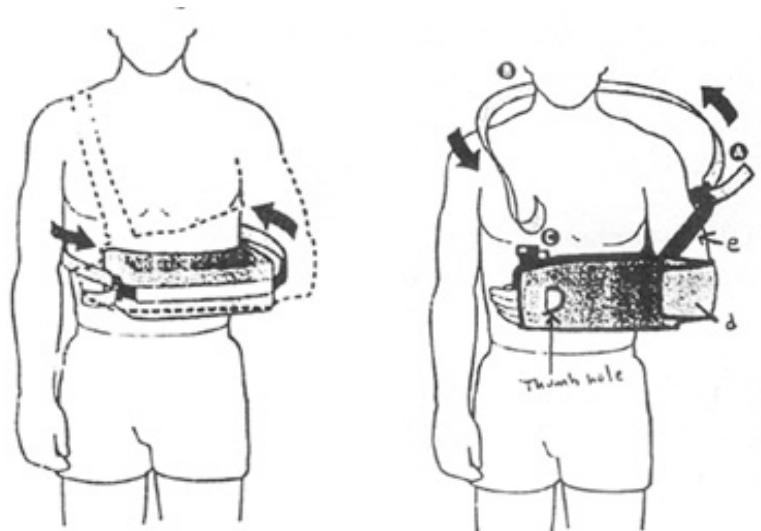
### *Removing the Sling*

You can remove your sling for showering and elbow/wrist/hand exercises.

First unfasten the neck strap. Next unfasten the strap around your waist. The strap around your waist has a buckle that unlocks like a seat belt. Lastly, open the top of the sling (Velcro) to remove your arm. Allow your elbow to straighten, but keep your arm at your side. Expect your elbow to be stiff and sore.

### *Replacing the Sling*

First replace the pillow and strap around your waist. Position the pillow at about 45 degrees over your waist (between your hip and your belly button) and fasten the buckle. Next, place your arm in the sling putting your elbow in first. Bring the strap behind your neck and put the strap through the loops in the front.



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### *Removing the Pillow*

Dr. Abrams will instruct you when you can remove your pillow. Your pillow is attached to your sling with Velcro. After Dr. Abrams has given you the OK, you can remove the pillow from the sling. After the pillow is removed, you will continue to wear your sling as instructed. We generally recommend that you do not throw the pillow away.