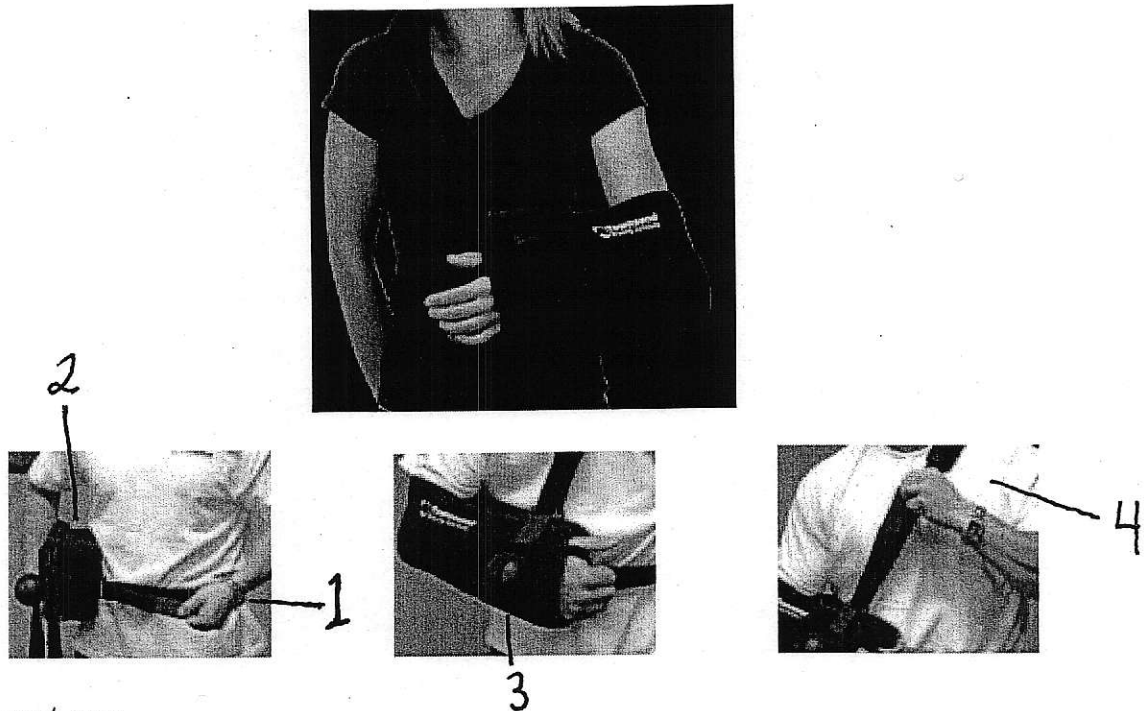


## INSTRUCTIONS FOR TOWNSEND SHOULDER SLING



To put on:

- 1.) Wrap the Waist Strap (1) and Abduction Pillow (2) of the shoulder sling snugly around your waist and Velcro so that the pillow is on your side, and the increased lumbar support is towards your back.
- 2.) Place your arm into the Arm Sling (3) and attach the Velcro closure at the top. Attach the arm sling to the abduction pillow with the Velcro.
- 3.) The Shoulder Strap (4) should run from the wrist portion of the arm sling across the unaffected shoulder and through the buckles on the elbow portion of the arm sling.

To take off:

- 1.) Unbuckle the waist strap buckle as well as the shoulder buckle.
- 2.) Undo the Velcro close at the top of the arm sling.
- 3.) With your good arm, take off the arm sling to limit your movement of the injured shoulder.
- 4.) The shoulder sling should all still be connected together.