

Randy Clark, MD
Revere Health Coral Desert Orthopedics
2825 south mall drive
St. George, UT 84790
435-628-9393 phone
435-628-9382 fax

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.

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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 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.

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CALL WITH QUESTIONS



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