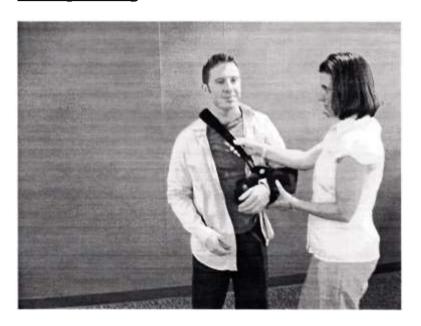
# **PATIENT INSTRUCTIONS**

### **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**



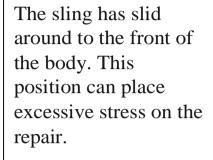
The arm is supported at side resting against the sling pillow.



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

Common Sling Wearing Mistake







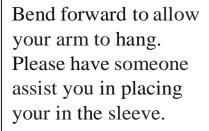
The straps of the sling are too loose. In this position the arm is not supported and excessive stress can be placed on the repair.



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

Donning a Button Up Shirt







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.

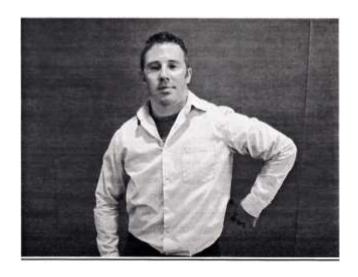


Bend forward to allow the sleeve to the shirt to be removed.

#### 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 OUESTIONS**



PLEASE CALL WITH QUESTIONS.