

Arm Sling

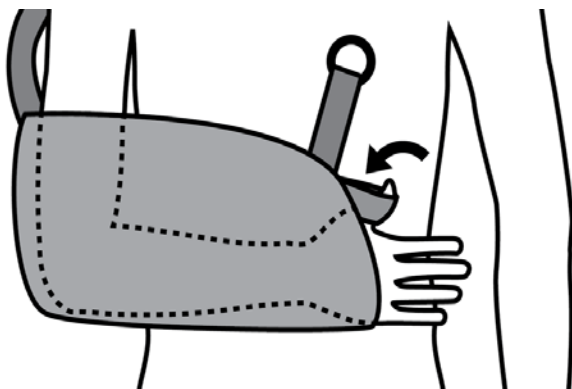
How to put on, wear, and clean an arm sling

Starting Position

- Sitting up with your arm well supported on a pillow.

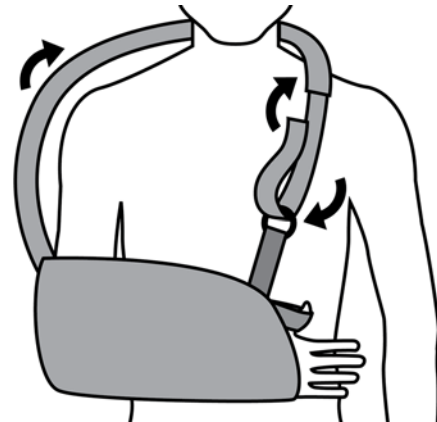
Step 1: Slide your arm into the sling

- Make sure your elbow is all the way into the corner of the sling.
- Your wrist and hand should be supported by the sling.
- If your sling has a thumb loop, place your thumb in the loop for support.



Step 2: Put the shoulder strap on

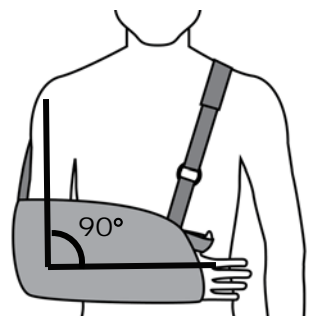
- Wrap the shoulder strap behind your sore shoulder, bringing the strap over your opposite shoulder.
- Push the strap through the plastic loop near your thumb on the sling



- Pull the end of the strap up until your arm is supported.
- Fasten the Velcro.

Your elbow should now be supported at 90 degrees.

Arm supported at a 90 degree angle

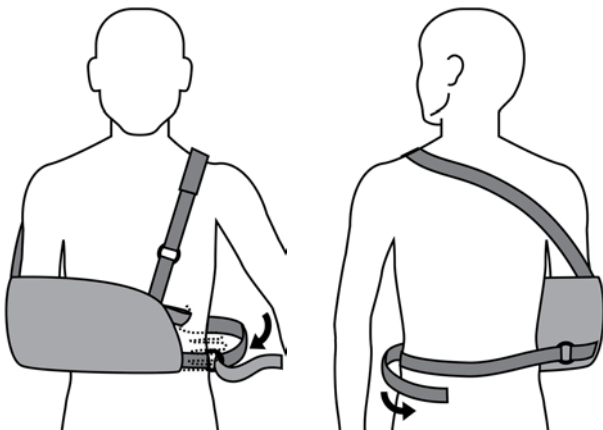


Arm Sling - *continued*

Some people may need a waist strap for further support. If you are told you need a waist strap, follow Step 3.

Step 3: Attach the waist strap

- Attach the second strap to the plastic loop on the sling near your elbow.
- Wrap the strap behind your back and bring to your front on the opposite side.
- Then push the strap through the plastic loop near your wrist on the inside of the sling and fasten Velcro.
- Pull the end of the strap until your arm is supported against your body.
- Your arm should now feel supported and secure in the sling.



Wearing Your Sling

- Depending upon your injury you may be told to wear the sling at all times until your arm heals (usually 6 to 8 weeks).
- In other cases, you may only need it for comfort when walking.
- Always follow your doctor's or therapist's instructions.

Cleaning Your Sling

- To clean your sling, either hand-wash or use the gentle cycle on your washing machine.
- Always use a mild detergent and rinse well so that there is no soap left on the sling.
- Hang the sling to dry. The heat from the dryer may damage it.