

# Sling Arm Shoulder

Our sling is designed to support and immobilize the arm and shoulder assisting in the treatment plan provided by your medical professional. Attention to detail with the materials and adjustability of the sling provide an effective and comfortable support and will help you feel better faster and return to your normal daily activities.



## Design Highlights:

- Constructed with lightweight durable cotton to produce higher levels of comfort.
- Waist and shoulder straps adjust to any size and product fits on the left or right arm.
- Includes padded straps throughout the sling producing custom comfort for the shoulder/waist.

## Indications for Use:

- Strains and Sprains of the Arm/Shoulder
- Surgical Repair of the Rotator Cuff
- Anterior Dislocation of the GH joint
- Most Arm, Wrist, or Hand Injuries



## Fitting Instructions

Before using this support, please read the instructions below completely and carefully.

Correct application is vital to the proper functioning of the support.

## Application

**Step 1.** Place the injured arm in the sling envelope and place the thumb in the thumb holder.

**Step 2.** Place strap around neck and secure through buckle. Adjust for proper height and comfort.

**Step 3.** Place the waist strap around your waist and feel the strap through the O-ring and attach the hook and loop closure.



1)



2)



3)

## Exercises

- You may remove the sling to shower, limit movement in your injured shoulder, before putting the sling or immobilizer back on, use a towel to dry under your arm completely.
- Regularly loosen your immobilizer to straighten your elbow and move your wrist and fingers. You should do this 2-3 times a day to help avoid stiffness.
- In addition, gentle range of motion exercises for the shoulder should be completed 2-3 times per day to prevent the occurrence of adhesive capsulitis (frozen shoulder).

### **Pendulum exercise:**

1. Sit in a chair or at edge of your bed with your feet flat on floor.
2. Let your affected arm hang down in front of you over the edge of the bed or chair. Relax your shoulder, arm and hand.
3. Rock your body so your arm gently swings in small circles, you can also use your unaffected arm to start the motion. Repeat for 30-60 seconds in each direction, changing the direction of the circles, swinging your arm left and right and forward and back.

### **Wall Climbs:**

1. Stand with your affected arm extended out to the side with your hand resting on a door frame.
2. Slide your hand slowly up the door frame.
3. To increase the stretch, step through the door frame. Keep your body upright and do not lean.





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