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Wear and Care Instructions for a Shoulder Abduction Brace

Putting on the Brace

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1. Find a waist-high surface like a table or countertop. This will help with stability while putting on the brace.
2. Open the sling, set it on the waist-high surface, and use your non-injured hand to lift and slowly place your injured arm inside the sling. The pillow will be between your body and injured arm. Adjust the sling so that your elbow ends up fully resting in the back.
3. Wrap the shoulder strap around your back and over your non-injured shoulder. Slide the shoulder strap through the two rings near your hand and secure it back to itself with the velcro or clip system. Tighten as needed.
4. Reach around your back to grab the waist strap, wrap it around you, and clip it into the buckle below your hand.
5. If you were given a forearm strap, secure it over top of the sling.
6. Once the shoulder and waist straps are secure, you can place your thumb in the thumb loop. Note, if your hand is numb from surgery or a nerve block, don't use the thumb loop. Only use it when you can fully feel your hand.
7. Check the brace's position: Your elbow should be snug in the back of the sling and bent around 90 degrees. Your fingertips should rest just above your belly button, not lower than your elbow.

HELPFUL TIP - The sling material should always extend past your wrist. It's important that your wrist never hangs out of the sling because this could cause nerve damage in your hand.

Removing the Brace

To remove this brace, rest your injured arm on a waist-high surface then undo the waist and shoulder straps. Gently slide the brace off of your arm.

HELPFUL TIP - Check your skin every day. If your skin has red spots that stay red for more than 15 minutes after you take off the brace. It could mean there's too much pressure in one spot. Take a picture of the red spot, and contact our office right away.

Cleaning Instructions

You can spot clean the brace or hand wash it with warm water and mild soap. Allow it to air dry before wearing it again. Don't put this in a washing machine and don't use bleach or harsh chemicals to clean it.

Wearing Schedule

Typically this is worn day and night, only removed for bathing. Your practitioner will guide you on how long to wear it each day. If you're told to wear this while sleeping, consider sleeping slightly propped up with pillows to support your arm.