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Wear and Care Instructions for a Sling

HELPFUL TIP - During this process do your best to avoid moving your injured shoulder

Putting on the Sling

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1. Using your uninjured side, hold the sling by the two rings attached near the thumb loop. Slip your injured arm into the opening of the sling and move the two rings over your thumb on the injured side.
2. Finish pulling the sling on so your elbow is resting all the way in the back.
3. Next, wrap the shoulder strap around your back and over your uninjured shoulder. Unstick the velcro, and slide the strap through the two rings then secure it back to itself. Tighten the shoulder strap as needed.
4. With your uninjured arm, reach around your back and grab the waist strap. Slip this strap through the loop below your wrist and secure it back to itself.
5. Once the shoulder and waist straps are secure, you can place your thumb in the Sling's 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.

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 Sling

To remove this sling undo the velcro on the waist and shoulder straps and pull both straps out of the support rings. Gently slide the sling off of your arm and stick the velcro straps back to themselves.

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 sling. 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 sling 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

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