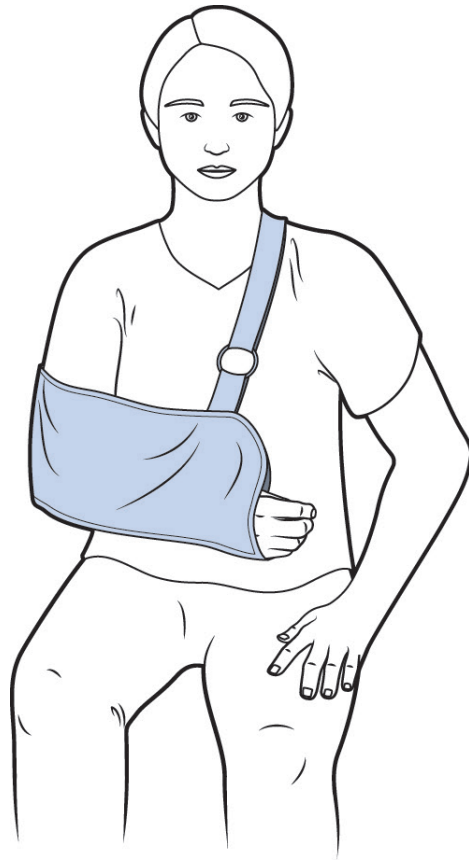


How to Use a Sling



For patients, families and caregivers

Read about:

- How to put on a shirt
- How to put on sling
- How to put on a jacket



How to put on your shirt

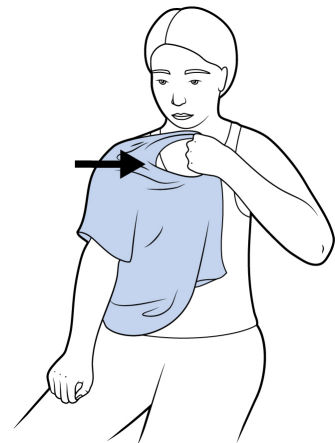
1. Place your shirt on your lap.



2. Place your operated arm through the first sleeve.



3. Find the opening for your head.



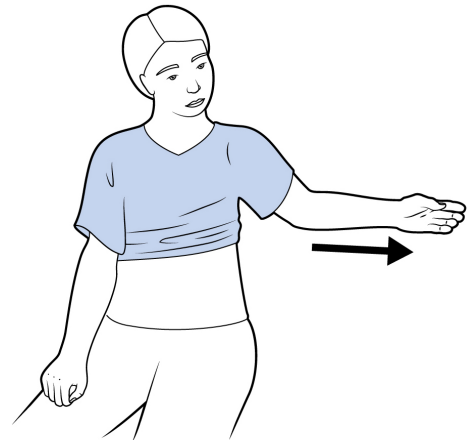
4. Pull the shirt over your head.



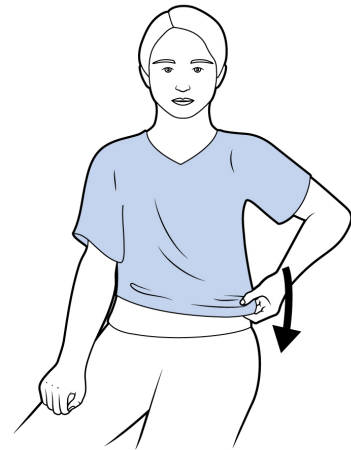
5. Put your unaffected arm through the other sleeve.



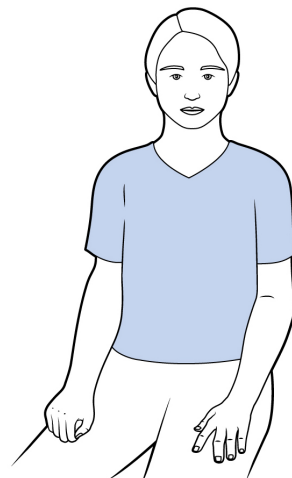
6. Push your unaffected arm through the sleeve.



7. Pull the shirt down over your stomach and back.

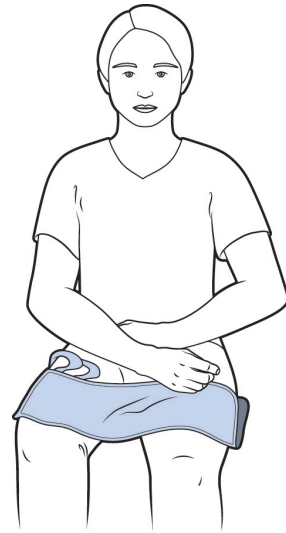


8. Finished.

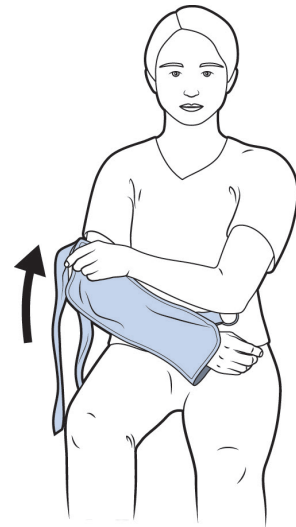


How to put on your sling

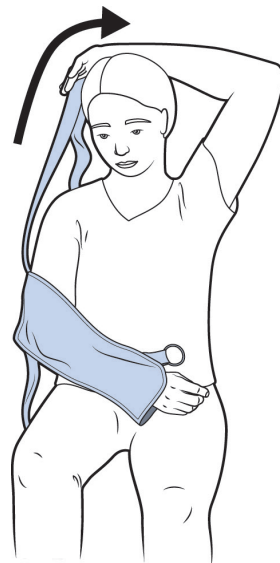
1. Sit down. Place the sling on your lap.



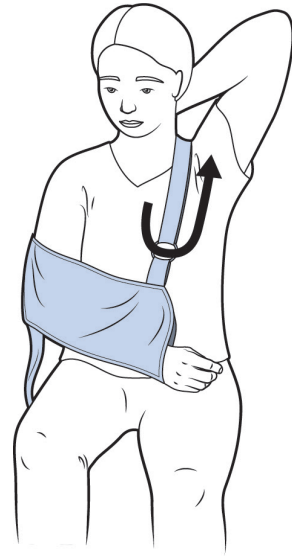
2. Place your operated arm through the opening at the top of the sling.



3. Pull the strap around your neck.



4. Secure the strap. Make sure it does not cause tension on your neck.



5. Your sling should be supporting your shoulder and feel comfortable around your neck.



How to put on your jacket

1. Place your jacket on your lap.



2. Put your jacket over your operated arm and onto your shoulder.



3. Reach around your back to put your unaffected arm in the sleeve.



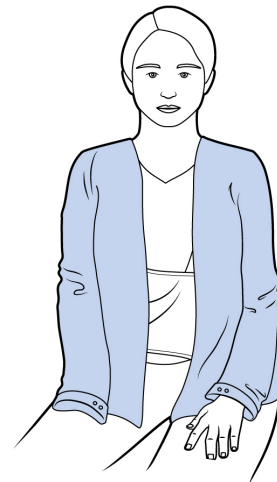
4. Push your unaffected arm through the sleeve.



5. Pull the jacket over your shoulder.



6. Finished.



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