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**Physiotherapy Service**

# Physiotherapy Department Application Guide for Patients

## **Shoulder Sling**



Your consultant has requested that you wear the shoulder sling for..... weeks.

It should be worn at all times unless being removed to do exercises or to wash. When sleeping it is generally safest to sleep on your back. You will not be able to shower whilst wearing this product.

1. To fit the sling you will need to be sitting with elbow bent. Slide the sling on from the elbow so that your elbow fits closely into the corner.



2. Loosely fasten the strap across your forearm.



3. Attach the wrist strap with one 'D' ring facing upwards and the other resting against the body.



4. Take the shoulder strap over the opposite shoulder and feed through the upper 'D' ring and fasten the Velcro back on itself. Adjust the length so that the hand is slightly higher than waist level.



5. If your sling comes with a body belt feed the strap through the inner 'D' ring to secure and pass around the body. Attach the Velcro to the sling near the elbow. This will stop you from moving the arm away from the body.



## **Removing the sling for exercises**

- Unfasten the Velcro at the front of the wrist and forearm straps to allow you to remove your arm for exercises.

## **Washing the sling**

- Following the manufacturers recommendations, remove the rigid front and back panels.
- Wash the brace in cold water with mild soap.
- Allow the brace to air dry.

If you have any questions or concerns regarding the fitting of this sling you can contact physiotherapy service for further advice.