

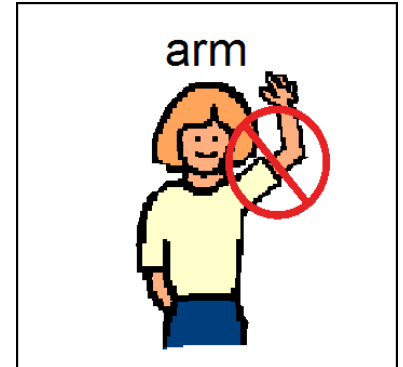
Caring for your Affected Arm after Stroke

Support your arm with your sling:

- Transferring
- Walking

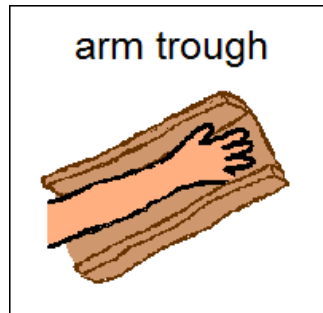
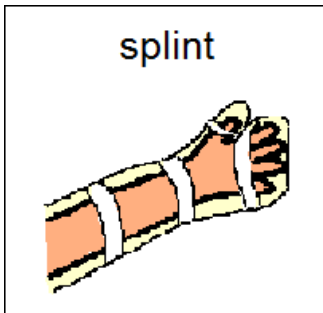
Handle your arm with care

- **Avoid** lifting arm past **shoulder height**



Position your arm correctly

- Use your positioning devices as instructed
- Arm should rest slightly in front of your body, in view



Pain – Tell your nurse, therapist or caregiver **right away**

Sling Instructions:



1. **Put arm through big loop**, below elbow.
2. Bring strap **under armpit**.
3. Pull strap **across back** and **over other shoulder**.
4. **Slide hand through small loop** so hand and wrist are **supported**.
5. **Hand** should rest **slightly above elbow height**.

Name: _____

My Personal Instructions:

Sling use: _____

Positioning in wheelchair: _____

Positioning in bed: _____

Other Notes:

Remember!

Support your arm while you are **transferring** and **walking**.
Handle your arm with care and **avoid lifting above your head**.
Position your arm while sitting in a chair or bed.
Pain – tell your nurse, therapist or caregiver **right away**.

Signature: _____ Date: _____

Signature: _____ Date: _____