

Right Arm Sling - To be worn during transfers and ambulation

1.



- Slip arm through bigger loop to just below the elbow.
- Keep right arm supported.

2.



- Bring strap under armpit.

3.



- Pull strap across back and over top of left shoulder keeping elbow firmly supported .

4.



- Slide right hand into smaller loop so hand and wrist are supported.
- Hand should be slightly above elbow.

5.



- Picture of sling over back.

Left Arm Sling - To be worn during transfers and ambulation

1.



- Slip arm through bigger loop to just below the elbow.
- Keep left arm supported.

2.



- Bring strap under armpit.

3.



- Pull strap across back and over top of right shoulder keeping elbow firmly supported .

4.



- Slide left hand into smaller loop so hand and wrist are supported.
- Hand should be slightly above elbow.

5.



- Picture of sling over back.