

Exercise & Rehabilitation

Removing & Applying Your Sling

Standard Sling



1. Stand comfortably with your shoulder relaxed.



2. Release the velcro strap on your neck.



3. Gently slide the sling off your forearm and allow your elbow to hang freely. You can now start your elbow and shoulder exercises.

Abduction Sling



1. Stand comfortably with your shoulder relaxed.



2. Undo the narrow velcro strap around your thumb and release the front clip of the shoulder strap.



3. Undo the broader velcro strap near your elbow.



4. Fold the front side of the forearm pouch down to allow your elbow to hang freely. You can now start your elbow and shoulder exercises.