

Patient information

Abduction Sling Information

Therapies Department

Following your shoulder operation you are required to wear an abduction wedge sling. This leaflet has been designed to give you some information regarding the sling and how to use it.

You must wear the sling at all times, other than when washing, dressing or doing the exercises shown to you by the physiotherapist.

Taking the abduction sling off:



- Rest your arm on a table.
- Undo neck strap and slide this through the black loop.
- Undo the two Velcro straps across your forearm.
- Undo waistband clip.



- Slide your forearm out of the sling, ensuring that your shoulder remains still.



- Slide the wedge forwards to remove it from under your arm.

Washing and dressing:



- Once the wedge has been removed, ensure your arm remains in position.
- You will then be able to reach under your arm to wash and dry.



- When dressing, slide clothing onto your affected arm first.

Putting the abduction sling on:



- Slide wedge back into place underneath your arm.
- Ensure your elbow is placed securely into sling.



- Attach the two Velcro straps over your forearm.



- Place neck strap over your opposite shoulder and slide it through the black loop.
- Attach the strap back on itself, ensuring your arm is supported in the sling.



- Secure the waistband clip.

Further Appointments

Please discuss with your physiotherapist.

Feedback

Your feedback is important to us and helps us influence care in the future.

Following your discharge from hospital or attendance at your outpatient appointment you will receive a text asking if you would recommend our service to others. Please take the time to text back, you will not be charged for the text and can opt out at any point. Your co-operation is greatly appreciated.

Further Information

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