A shoulder sling is used to support your arm after injury or surgery to your arm or shoulder. It may also be used to limit movement or to elevate the arm to reduce pain and swelling.

The foam pillow is used to keep your arm in a comfortable resting position for healing. The pillow fits between your body and your arm in the sling. It is held in place by a belt that fits around your body.

**Wear your sling and pillow:**
- All the time until your follow up appointment.
- As you need for comfort.
- During the day.
- At night while you sleep.
- Remove your sling and swathe each day to wash your arm or to do your exercises.

**Care while wearing a sling and pillow**
Unless you have been instructed otherwise, follow these general care guidelines:

- Adjust the strap on the sling so your hand is slightly higher than your elbow. This helps reduce swelling.
- Be sure your elbow is back in the pocket of the sling as far as possible.
- Smooth the sling so there are no wrinkles along your arm that may cause irritation or sore spots.
- The pillow should fit under your breast and to your side under your injured arm.
- Remove the sling each day to wash your arm and shoulder. Use a damp washcloth to wash your armpit and skin. Dry well with a towel. Limit movement of your injured arm.
- Exercise your fingers, wrist and elbow three times each day on the injured arm. This will keep your muscles and joints working well. Ask about range of motion exercises for your fingers, wrist and elbow.
- Your sling and cover on the pillow can be hand washed and air-dried. You may need to purchase another sling to wear while one is being cleaned.
Putting on the shoulder sling

Your sling will have a strap that fits over your shoulder and back and a pouch or pocket to hold your elbow and lower arm. The shoulder strap may have a pad that can be moved along the strap. The pad should be positioned where the strap comes across the side of your neck for comfort.

1. Start by sliding the closed end of the sling over your hand on the injured side.
2. Fit the sling on your arm so your elbow is back in the pocket as far as possible.
3. The long strap of the sling should go from the back of your injured arm, across your back to your other shoulder and down your chest.

or

If you are not able to work the strap around, you may want to attach the strap to the fastener and then lift the strap over your head to the opposite shoulder.

4. Attach the long strap through the fastener on the sling near your wrist.
5. Adjust the length so your hand is always at or above the level of your elbow. Press the Velcro on the end of the strap against the shoulder strap to hold it in place.
6. Move the pad on the shoulder strap near your neck so it feels comfortable.

Putting on the pillow

The pillow attaches to your sling by Velcro strips. You can leave the pillow and sling attached when you remove it so you do not need to adjust it to fit the next time.

The pillow has a wider end that fits toward your front, under your breast on the injured arm side. The other end of the pillow fits around your side. There is a long strap that acts as a belt. Pull it around your body and it attaches to itself with Velcro. You may need someone to help you get the belt strap in place.
Taking the shoulder sling and pillow off

1. Loosen the belt holding the pillow around your body.
2. Loosen the sling strap from itself and take the strap out of the connector loop.
3. Pull the pocket end of the sling down off your elbow.
4. Slide the sling under and out towards the hand on your injured arm.

If you have any questions about your shoulder sling and pillow, please ask your doctor, nurse or therapist.