

## Physiotherapy - Orthopaedics

### Fitting your Sling



This instruction sheet is for patients who are required to wear a sling after shoulder surgery to immobilise their shoulder.

You have had a:

- Anatomical Shoulder Replacement
- Reverse Shoulder Replacement
- Shoulder Stabilisation
- Rotator Cuff Repair
- Other .....

### You must wear your sling:

- Day and night for
- .....
- You can remove your sling
- .....



## Patient Information

Your therapist will discuss this with you and provide all the advice you need after your surgery. If you do not follow this advice, there is a chance that the surgery will fail.

### Fitting your sling

#### How to put the sling on by yourself

##### Step 1



- Hold onto hand grips and slide your elbow/arm into the sling making sure the elbow is in the corner



- Fasten the Velcro that says AIRCAST

##### Step 2

- Hold the piece of the strap that doesn't have the clip
- Bring the long strap around your back and over your opposite shoulder



## Patient Information

### Step 3



- Feed the front strap (with the Velcro) through the rectangular loop and attach the Velcro (making sure your arm is in a horizontal position).

### Step 4



- Bring the strap with the clip, under your armpit and clip in the triangular hole. You can attach the clip near your hand or higher up (above the Velcro is also a small triangle), use the clip that your physiotherapist has shown you



- The triangle joining all the straps together should sit at the bottom of your opposite shoulder blade

### How to take off the sling (This can be done standing or sitting)

#### Step 1



- Undo the clip from the triangular hole from under your armpit or from the triangular hole near your hand

#### Step 2



- Undo the front strap, leaving the Velcro in its original place. Fully remove from the loop then take away from around the back of your neck.

#### Step 3



- Fully remove the sling from your arm.

### How to take off the sling when doing elbow exercises



- Undo the Velcro strap that says AIRCAST



- This will allow you to remove your arm but leave the sling attached to your body



- This will allow you to straighten your elbow when completing your exercises

## Patient Information

If you have any queries or concerns please contact the Orthopaedic Physiotherapy Department between 08:00 and 17:00:

Rugby St Cross Hospital: 01788 663054

University Hospital Coventry and Warwickshire: 024 7696 5106

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### Document History

Department:	Physiotherapy - Orthopaedics
Contact:	23054
Updated:	August 2021
Review:	August 2023
Version:	1
Reference:	HIC/LFT/2624/21