

The Sling

You will be using a sling after surgery. Follow your surgeon's specific instructions on when you need use the sling and for how long. Generally, the sling should be used when active and sleeping. If you are inactive, awake and sitting you may remove the sling. You are encouraged to remove the sling at least two times a day perform ROM (range of motion) exercises. Bending and straightening your elbow, wrist and fingers is also encouraged to avoid stiffness, swelling, numbness and tingling.

1.



2.



3.



4.



5.



6.



7.



8.



9.



10.



*Maintain the “gunslinger” position – see picture below (far right)



Back View



Front View



Gunslinger Position

If you have any questions about your sling, please call your surgeon’s staff for further instructions or refer to the package insert.