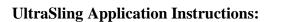


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Erik Frazier, MHA, CEO

Patient Instructions

Abduction Pillow Sling DJO UltraSling II



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- Detach shoulder strap and open front panel. Position elbow in the sling as far back as possible.
- Loop the sling strap through the D-ring and secure.
- Secure strap at the top of the sling, thumb strap may also be attached at this time.
- Place shoulder strap over the opposite shoulder and feed through D-rings to secure.
- Place pillow at the waistline of the affected side.
- > Attach the sling to the outside of the pillow, along the hook and loop strips.
- Buckle the waist strap to the pillow.
- > Position the arm by sliding the pillow forward or back along the waistline.

Tips:

- Normally the sling will be most comfortable when the pillow is positioned right above the hip bone, sitting at approximately a 45 degree angle.
- Position the pad on the shoulder strap around the back of the neck to relieve any discomfort. Apply a small towel or washcloth under pad if it becomes too uncomfortable.
- Before removal of sling, place a small rolled-up towel in your affected-side armpit to help maintain the shoulder position.
- Use the buckle system to remove the sling. This will eliminate the amount of readjustments to be performed each time it is removed and reapplied.
- > Use your non affected arm to help support your affected side when removing the sling.
- > Hand wash in cold water with mild detergent and air dry.