



# ORTHOPEDIC PARTNERS

EST. 1957

Kenneth Paonessa, M.D.  
Michael Halperin, M.D.  
Gabriel Abella, M.D.  
Mohammad Pasha, M.D.  
Tarik Kardestuncer, M.D.  
Ammar Anbari, M.D.  
Nicole Arcand, M.D.  
Scott Stanat, M.D.  
R. Justin Thoms, M.D.

Steven Wei, M.D.  
Jonathan Puposar, M.D.  
Emily Vafek, M.D.  
Nimit Patel, M.D.  
Peter Wagner, M.D.  
Oksana Zhivotenko, D.O.  
Daniel George, M.D.  
Biren Chokshi, M.D.

Erik Frazier, MHA, CEO

## Patient Instructions

### Abduction Pillow Sling DJO UltraSling II



#### **UltraSling Application Instructions:**

- 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.