Ultrasling Fitting Instructions

Before applying or removing the sling, please read these instructions completely and carefully.

• The best way to apply or remove your sling is to sit at the edge of your bed and stack several pillows under your surgical arm.
• You may also sit in a chair with armrests, so that your arm is supported once the sling is removed.

1. Unclip the front “seat belt” strap and the front strap that goes across your stomach.

2. Unfasten the small strap that goes across the top of your sling.

3. Make sure all straps are unfastened.

4. Slightly lean away from the arm that has had surgery.

5. Have your caregiver/family member carefully slide the sling out.

6. Sit up straight with your surgical arm resting on pillows/armrest.

7. To reapply the sling, follow the same procedure in reverse. Your sling should feel comfortable with your shoulders level and even.