



Department of Physical Therapy

Smart Sling with Abduction Pillow



1. With your elbow bent at 90°, place your forearm into the sling. Ensure your elbow is positioned snugly in the rear of the sling.
2. Be sure that your hand and wrist are supported by the sling.
3. Close the top flap to secure the sling.
4. Place the adjustable shoulder strap around your neck and attach the buckles to the sling.
5. Position the neck pad where it is the most comfortable.
6. Adjust the shoulder strap for comfort. Make sure your elbow is bent approximately 90°.
7. Attach the Velcro strip to the side of the sling facing your body.
8. Position the abduction pillow between your body and the sling. Do not lift your arm to place the abduction pillow. Instead, lean forward and allow your arm to move slightly away from your body. The Velcro strip will help hold it in place.
9. Gently pull the abduction pillow strap around your back and attach it to the buckles located on the front of the pillow.
10. Adjust the abduction pillow strap for desired fit.