



Department of Physical Therapy

Sling Shot 2 with Abduction Pillow

1. With your elbow bent 90°, place your forearm into the sling. Ensure that 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. Place the adjustable shoulder strap behind your shoulder and neck, and attach it to the buckle on the sling.
4. Adjust the shoulder strap for comfort ensuring your elbow is bent approximately 90°.
5. Position the neck pad where it feels comfortable.
6. Attach the closure strap across the open top of the sling. Position the strap so it holds the arm securely in the sling.
7. Attach the thumb strap to the open end of the sling between the thumb and fingers.
8. Position the abduction pillow between your body and the sling. Do not lift your arm to place the pillow. Instead, lean forward and allow your arm to move slightly away from your body. The Velcro strip on the abduction pillow will 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. Adjust the waist strap to fit.

