



Department of Physical Therapy

## Sling Shot 2

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 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 is most comfortable.
6. Attach the closure strap across the open top of the sling. Position the strap so it holds your arm securely in the sling.
7. Attach the thumb strap to the open end of the sling between the thumb and fingers.

