



Department of Physical Therapy

## Smart Sling with Immobilization Strap



1. With your elbow bent at 90°, place your forearm into the sling. Make sure your elbow is positioned snugly in the rear of the sling.

2. Be sure 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. 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. Locate the pocket on the side of the sling facing your body. Connect the immobilizer strap to the buckle inside the pocket.
8. Pull the immobilizer strap around your back. Feed it through the loop on the elbow end of the sling.
9. Gently pull the immobilizer strap around your back. Fasten it snugly to itself.