

TIME TEXT ON USING A SHOULDER SLING

00:00	How to fasten your sling. Gently pull the sling over your arm and elbow. Fasten loosely with the two Velcro straps.
00:07	Reach and grab the strap that is attached to the sling behind your elbow. Pull the strap around the back of your neck and feed it through the loop in a sling that is near your hand. The sling should fit snugly and comfortably around your elbow.
00:22	Pull the strap through and tighten it so that your hand and forearm are pulled just above the level of your elbow. Some slings have a strap that goes around your back as well. This prevents you from lifting your arm away from your body.
00:34	If your sling has this strap, reach behind your back with the unoperated arm and pass it around your body, attaching it to the sling near your hand.
00:44	To remove the sling, undo the strap of the back first, then with your arm supported undo your shoulder strap, taking care as you pull the material away from your arm.
01:01	To help you wash, remove the sling keep in the arm close to the body. Once the sling is removed, gently bend yourself forward keeping the arms supported. Once forward, gently wash underneath your arm, supporting the arm as you stand back up. (End of spoken word)