

# Arm Positioning and Use of Arm Sling

In the initial stages of your rehabilitation, you may be asked to perform passive or active-assisted range of motion exercises of your shoulder up to 90 degrees. You may also be required to wear an arm sling.

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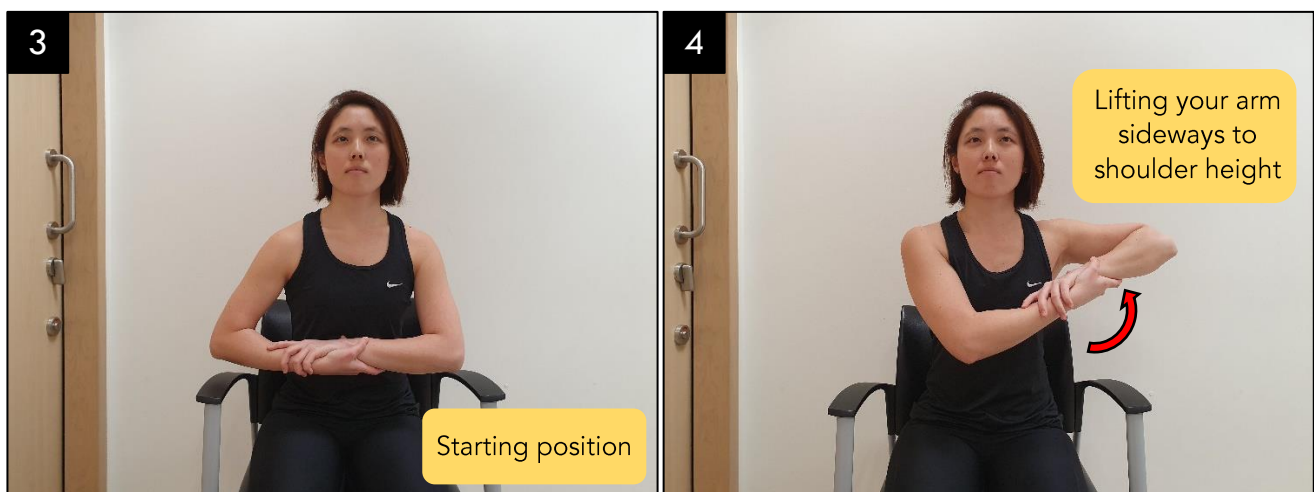
## 1. What is a 90-degree angle shoulder movement?

In the initial stages of your rehabilitation, you may be asked to perform passive or active-assisted range of motion exercises of your shoulder up to 90 degrees.

Picture 2 demonstrates what a 90-degree angle shoulder flexion (lifting your arm up forward) looks like.



Picture 4 demonstrates what 90-degree angle shoulder abduction (lifting your arm sideways away from your body) looks like.

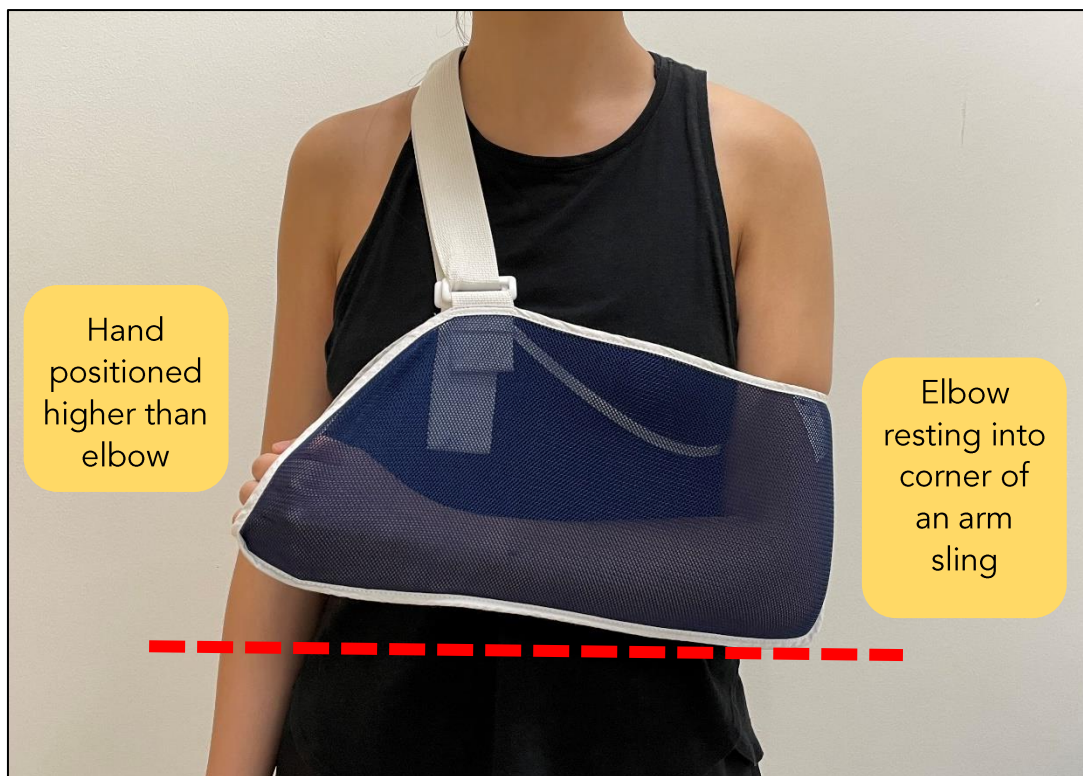


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## 2. Positioning your arm in the arm sling

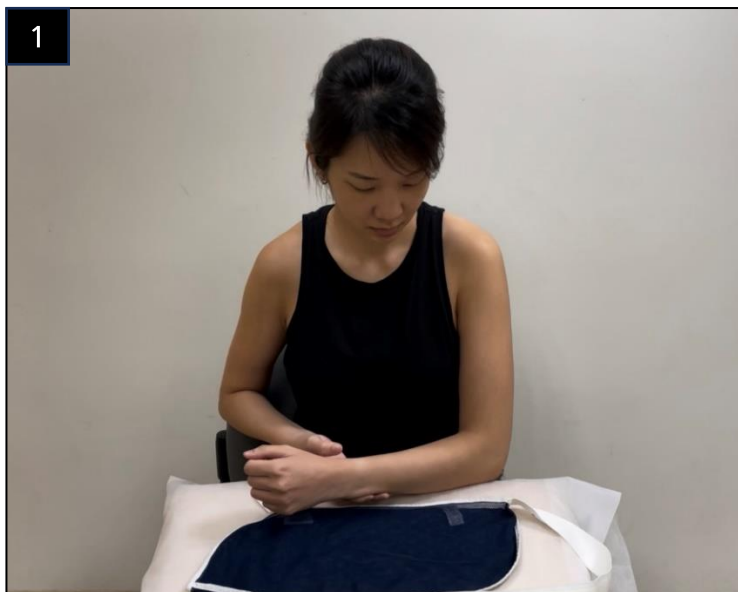
When wearing your arm sling, ensure that your elbow is resting into the corner of the arm sling.

To reduce swelling, your hand should be positioned slightly higher than your elbow.



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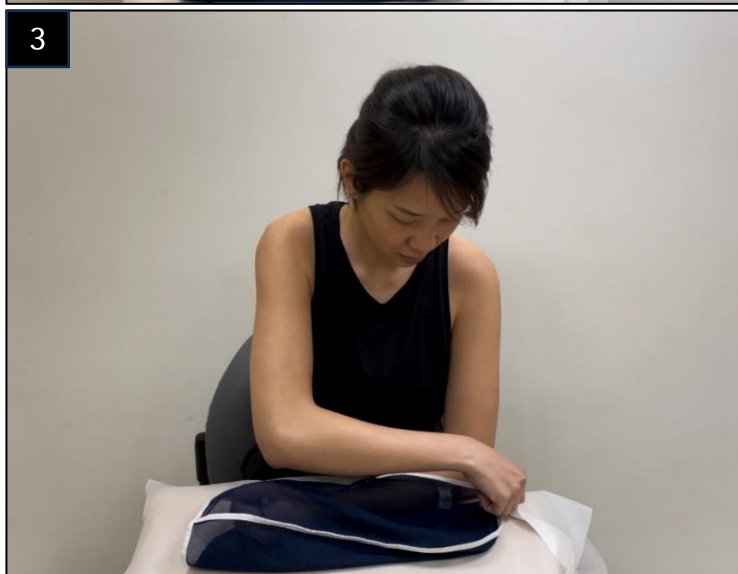
### 3. How to put on your arm sling



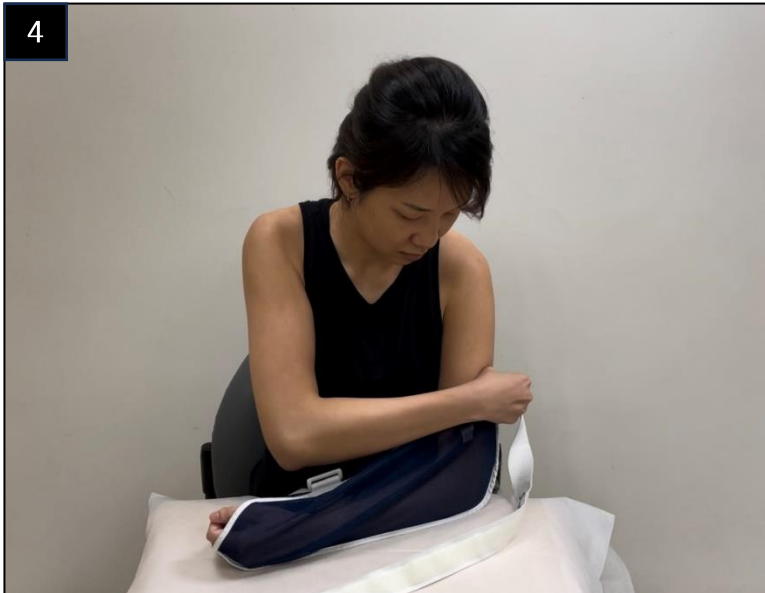
1. In a seated position, keep your arm supported on a table or pillow.



2. Slide the sling under your forearm (*affected side*) until your elbow is touching the corner of the sling.



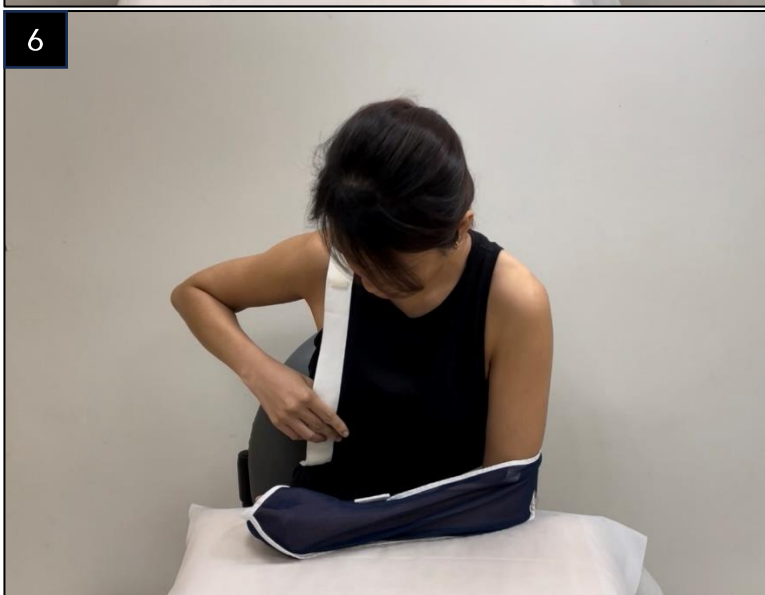
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3. Bring the shoulder strap behind your shoulder (*affected side*) and across your back.



4. Loop the strap around your neck.

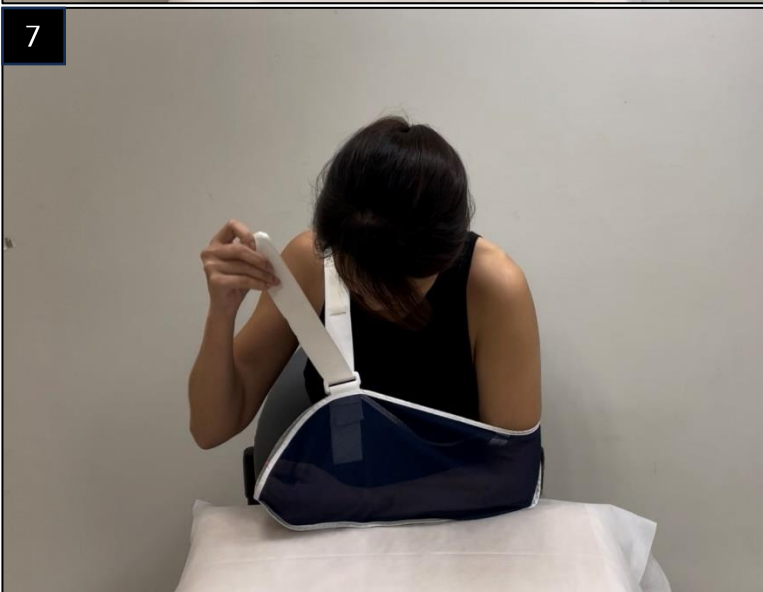


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5. Fit the end of the strap through the strap loops.

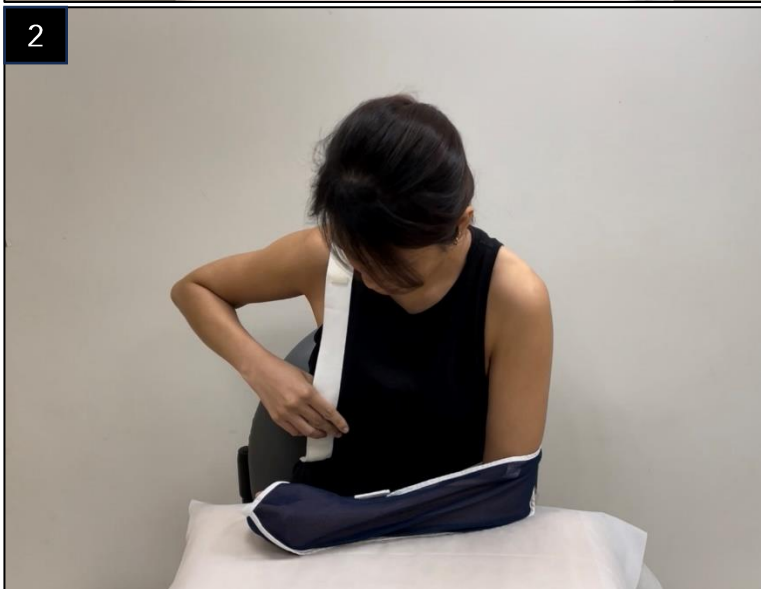
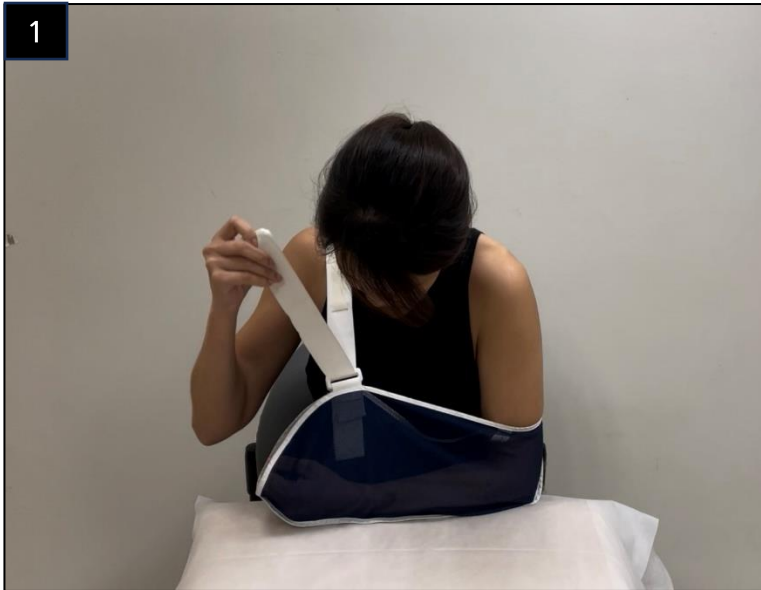


6. Attach the end of the strap to the Velcro.

7. Ensure that your wrist is either in line or slightly higher than your elbow.

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## 4. How to remove your arm sling



1. Keep your arm (*affected side*) supported on a table or pillow.
2. Remove the end of the strap from the Velcro attachment.
3. Remove the strap from the strap loops.
4. Remove the strap from behind your neck and shoulder.



5. Slowly slip off the arm sling.



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## 5. How to position your arm when you sleep

In the initial stages of recovery, you are encouraged to avoid sleeping on your affected shoulder.

Here are some suggestions of sleeping postures and how to position your affected arm when you sleep.

Pillows, cushions, or towels may be used to support your affected arm and prevent you from rolling onto your arm.

### Sleeping on your back (supine)



- Keep the back of your affected arm supported with a pillow.
- Place a towel or small cushion under your forearm to keep your wrist and fingers elevated.



- You may prop yourself up with some pillows to make it easier for you to get in and out of bed.

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## Sleeping on your side (side lying)



- Place a towel or small cushion under your affected arm to keep it supported.
- Place a pillow or cushion in front of your body to support your wrist and hand.



- Place a pillow or bolster behind your back to prevent you from rolling onto your back or onto your affected arm.

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