

Patient Instructions

Abduction Pillow Sling

DJO UltraSling II

UltraSling Info:

- Breathable extra padded fabric for greater comfort
- Encourages effective healing by allowing the shoulder and arm to remain in a neutral position.
- Helps prevent post-operative internal rotation contractures that can occur in a sling.
- Promotes axillary air exchange to reduce risk of secondary infections.
- Exercise ball stimulates circulation since arm is immobilized
- Easy open front panel encourages forearm exercises.



Application Instructions:

- Detach shoulder strap and open front panel. Position elbow in the sling as far back as possible.
- Loop the sling strap through the D-ring and secure.
- Secure strap at the top of the sling, thumb strap may also be attached at this time.
- Place shoulder strap over the opposite shoulder and feed through D-rings to secure.
- Place pillow at the waistline of the affected side.
- Attach the sling to the outside of the pillow, along the hook and loop strips.
- Buckle the waist strap to the pillow.
- Position the arm by sliding the pillow forward or back along the waistline.

Tips:

- Normally the sling will be most comfortable when the pillow is positioned right above the hip bone, sitting at approximately a 45 degree angle.
- Position the pad on the shoulder strap around the back of the neck to relieve any discomfort. Apply a small towel or washcloth under pad if it becomes too uncomfortable.
- Before removal of sling, place a small rolled-up towel in your affected-side armpit to help maintain the shoulder position.
- Use the buckle system to remove the sling. This will eliminate the amount of readjustments to be performed each time it is removed and reapplied.
- Use your non affected arm to help support your affected side when removing the sling.
- Hand wash in cold water with mild detergent and air dry.

Please contact us with any problems or questions: 866-225-8839