

## Putting on Your Abduction Brace



1. Place brace open on table or next to you.
2. Use **unaffected arm** to place arm into the brace.
3. Slide elbow back so that back of elbow is touching back of the brace. Assure that “pillow” rests on the hip. Elbow should be resting directly under the shoulder.



4. Bring long strap overhead so that pad rests at the opposite side of the neck.
5. Fasten long narrow strap around waist.



6. Fasten one short strap across top of elbow and one looping under the thumb to assure that arm does not slide forward in the brace.



\*\*\*Be sure that you do not actively lift your surgical arm at any time during the process.



For further information, please see instructional video at:

