

## Putting on Your Abduction Brace



1. Grasp sling by bottom of padded “pillow” or set brace on table/pillow.
2. Lean forward at the waist and let affected arm dangle.
3. Use **unaffected arm** to thread brace up and onto affected arm or lift affected arm into brace on table top.

4. 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.

5. Bring long strap overhead so that pad rests at the opposite side of the neck. Tighten Velcro.



6. Fasten long narrow strap around waist.

7. Fasten short straps across arm 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:

<https://www.hoagorthopedicinstitute.com/for-patients/classes-and-education/patient-education-videos/>