

**TJ Ridley, MD**

Phone: 763-717-4120 | Website: [TJRidleyMD.com](http://TJRidleyMD.com) | Instagram: @dr.\_ridley

**POST-OPERATIVE SLING INSTRUCTIONS PATIENT EDUCATION  
ULTRASLING III**

Dr. Ridley has given you the “Ultrasling” shoulder sling to wear during your recovery. It will be important for you to wear this sling as Dr. Ridley has prescribed. You will need to know how to remove your sling for bathing and exercising. This sheet will give you safe and basic instructions on how to remove your sling.

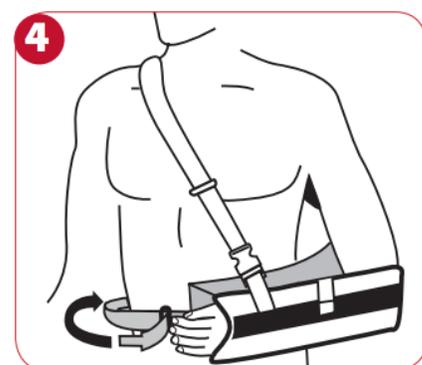
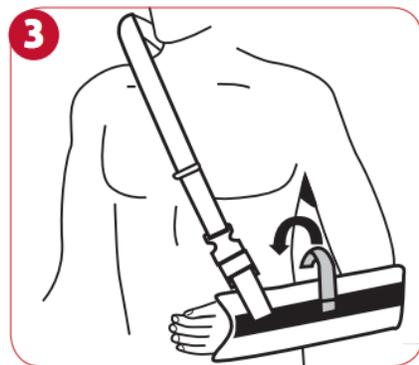
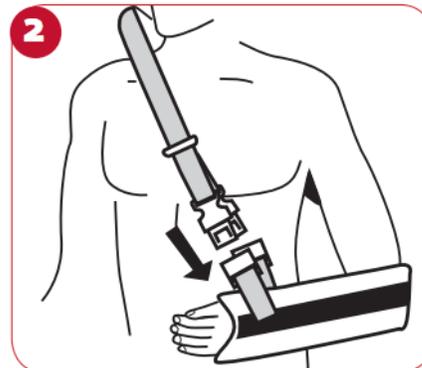
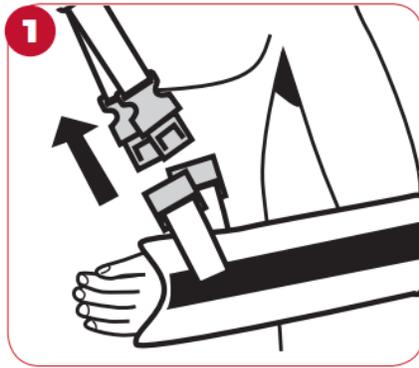
Your sling has 3 pieces, a strap (for around the neck), a pillow, and a sling to support your arm. While you are in your sling, your arm should be level with the ground. The pillow should rest on your hip. Your wrist should also be supported IN the sling.

**REMOVING THE SLING:**

First, unfasten the neck strap. Next unfasten the strap around your waist. The strap round your waist has a buckle fastener that unlocks like a seat belt. Lastly, open the top of the sling (Velcro) to remove your arm. Allow your elbow to straighten but keep your arm at your side. Expect your elbow to be stiff and maybe sore. You can remove your sling for bathing and elbow/wrist exercises.

## REPLACING THE SLING:

First, replace the pillow and strap around your waist. Position the pillow at about 45 degrees over your waist and fasten the buckle. Next, place your arm in the sling, putting your elbow in first. Bring the strap behind your neck and put the strap through the loops in the front. Secure the Velcro at the top of the sling. See steps 1 through 4 below.



- 1) Detach shoulder strap buckles and open front panel. Position elbow in the sling as far back as possible.
- 2) Place shoulder strap over the opposite shoulder. Connect shoulder strap to the sling using the quick release buckles. For exercise and rehab detach the outside quick release buckle to increase the range of motion.
- 3) Secure the strap at the top of the sling – the thumb strap is desired. Attach strap at the front of the sling.
- 4) 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 and adjust the strap to fit the arm for desired internal or external rotation by sliding the pillow forward or back along the waistline.

**NOTE:** The De-Rotation Strap hooks to the UltraSling III and prevents internal rotation by securely holding the patient's arm in neutral position.

## REMOVING THE PILLOW:

Dr. Ridley will instruct you when you can remove your pillow. Your pillow is attached to your sling with Velcro. After Dr. Ridley has given you the OK, you can remove the pillow from the sling. After the pillow is removed, you will continue to wear your sling as instructed. You can keep or discard the pillow.

Any questions please call our office.