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## Wearing a Shoulder Support Also called a Shoulder Immobilizer

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### Why do I need to wear a shoulder support?

A shoulder support helps the shoulder and upper part of the arm, rest. You may need this to help the shoulder joint heal.

The doctor will tell you:

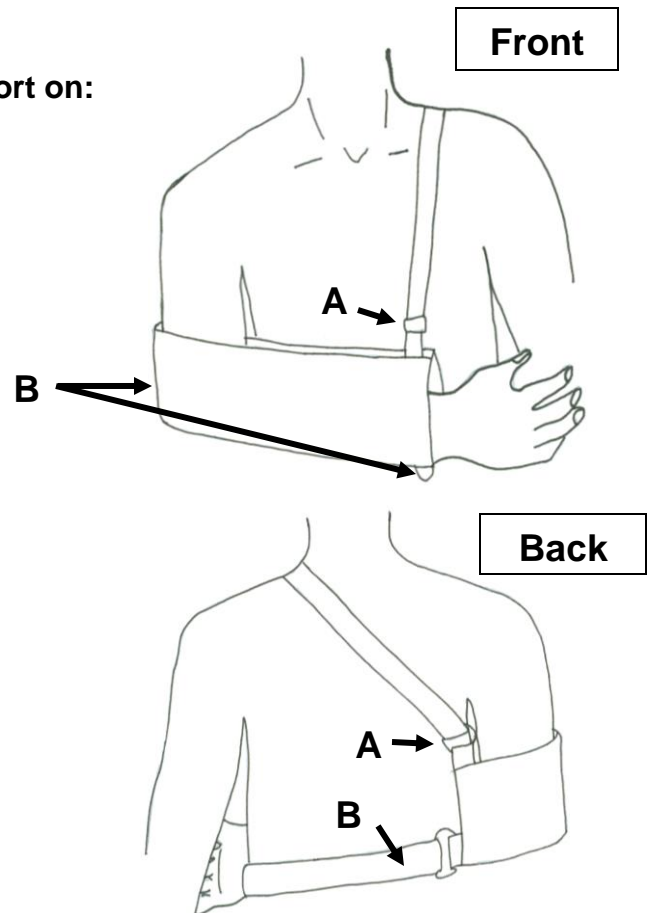
- how long you will wear it
- when you should wear it and when you can take it off for care
- if you should wear it to bed
- about exercises for your shoulder

### You will need someone to help you put the support on:

1. Rest the injured arm in the sling.  
Your hand goes at the open end and your elbow is at the closed end. Make sure your elbow is in the corner of the sling.

**Your arm should be in the sling at a 90° angle as shown in this picture →**

2. Take strap **A** above your hand and pull it across your shoulder and down across your back. Attach this strap to the ring at the top of your elbow.
3. Strap **B** begins below your wrist on the blue sling. Pull this strap around your waist. Attach strap **B** to the ring at the lower end of the sling near the elbow.



### If you have questions or problems:

- Call the Fracture and Orthopaedic Clinic at 905-522-1155 extension 33271, Monday to Friday: 8:30 a.m. to 3:45 p.m.
- If the Fracture and Orthopaedic Clinic is not open, contact your family doctor or health care provider. If you cannot find help, go to an Emergency Department.