

How to Put on Your Shoulder Sling

Set up your sling with the shoulder strap on the same side as the sleeve. Place the waist strap so it curves to the other side.

1. Lean into the sleeve.



2. Strap the forearm strap across the top of the sleeve.



3. Bring the shoulder strap around your neck. Thread through the double loops with Velcro side up.



4. Buckle waist strap at belly button level.



When you are finished, your sling should look like this:



To ensure best fit, check for the following:

- Forearm strap should be parallel to the floor.
- Shoulder strap should be at chest level.
- Waist buckle should be at belly button level.

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 6/2026. University of Wisconsin Hospital and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#8526