

# SUSSEX SHOULDER

## sling application

### Removing & applying your sling

#### Standard Sling



1. Undo the neck strap.



2. Undo the straps by your wrist and forearm



3. Free your arm from the sleeve

#### Abduction Sling



1. If you have an abduction sling after a rotator cuff repair, leave the neck strap attached



2. Undo the straps by your wrist and forearm



3. Undo the straps by your forearm



4. Free your arm from the sleeve

#### Cameron Hatrick MA FRCS(Tr & Orth)

Consultant Orthopaedic Surgeon

These notes are intended as a guide and some of the details may vary depending on your individual circumstance and at the discretion of your surgeon.  
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#### NHS Patients

Brighton NHS Tel: 01273 696955 ext 4258, Tara Kirk  
Lewes NHS Tel: 01273 474153 ask for Glynis Mockett  
Email: glynis.mockett@bsuh.nhs.uk

#### Private Patients

Direct Tel: 01273 828095 Angela Crosskey  
Montefiore Hospital Hove Tel: 01273 828120  
Email: cameron.hatrick@springgroup.org

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