

Surgical Recovery Systems

4130 Tylersville Rd.

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The *Restore You* Therapeutic Support Instructions Sheet

Using the support with a Sling

The sling serves 3 purposes: (1) to support the weight of your arm and reduce stresses on your shoulder, (2) to help you stabilize and not use your arm, (3) and attempt to place your arm in the loose or open pack position as well as possible.

Our support was designed to replace the sling while sleeping at night. When in the horizontal position the sling will not provide any support. But during the first 1-5 weeks you may be required to wear the sling 24/7. Please follow the below steps when sleeping in the support.



STEP 1

- Get dressed for bed, pull back the sheets and place the support on your own bed.
- Place your favorite pillow on the support.

Remember to always keep your sling on until it is time to lay back and sleep, and NEVER use your recovering arm in any way to assist you.



STEP 2

- Get into bed and position yourself inside the support so that all you will need to do is lay down and go to sleep.

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STEP 3

- Cover your feet and pull up the covers to prepare for sleep.
- At this time, you can remove the sling and place it within arm's length of your good arm. We suggest on top of the covers near your legs.

Remember to always keep your sling on until it is time to lay back and sleep, and NEVER use your recovering arm in any way to assist you.



STEP 4

- Lay back and go to sleep!
- Upon waking, rise and immediately place the sling back on before attempting to remove the cover or get out of bed.

Start Sleeping Better Now!

Should I use a pillow?

The support was designed to use with a pillow of your choice but can be used without a pillow if that is more comfortable for you.

