

Wearing Breg Slingshot Shoulder Brace

How to wear the Breg Slingshot Shoulder Brace?



Step 1: The sling is first laid on the table with elbow and thumb straps detached. Ensure that the pillow is facing you (check with the Doctor if you require the pillow).

Step 2: Lean your body forward instead of lifting your arm up.

Step 3: Assist in putting the arm into the sling. Ensure that your elbow is fitted snugly into the sling.

Step 4: Attach the (a) closure strap over the elbow and the (b) thumb strap to the sling.



Step 5: Put on the arm-sling over the opposite shoulder.

Step 6: Adjust the position of the arm-sling so that the arm is either in front or beside the body (See #11).

Step 7: Place the end of the waist strap on the table (arrow).

Step 8: Turn your body away from the table so that your opposite hand can easily reach the strap (arrow).



Images retrieved from: <http://youtu.be/RIUeiJxalMg?si=xZKrO3CcJajrmvqA>

Images retrieved from: http://youtu.be/3mZkuLReo3M?si=dC2oukks8zEMN_eY

Step 9: Attach the waist strap.

Step 10: Adjust the shoulder strap so that the arm is horizontal.

Step 11: The application of the abduction pillow and arm position is dependent on the doctor's instruction.

*Disclaimer: The brochure serves as a reference. Kindly check back with your Physiotherapist/ Doctor if you have any further questions.

Contributed by Physiotherapy, Rehabilitation, Allied Health Services

This brochure is produced for educational purposes and should not be used as a substitute for medical diagnosis or treatment. Please seek the advice of a qualified healthcare provider before starting any treatment or if you have any questions related to your health or medical condition.

Information shared is accurate as of February 2024 and subject to revision without prior notice.



Scan QR code to download e-brochure