

SLING GUIDE

For instructional videos of this protocol, visit sportsrehab.ucsf.edu



Ball Squeezes with sling

With the sling on, remove the ball attached to the sling. Squeeze slowly and firmly. Hold for 5 seconds, then relax.

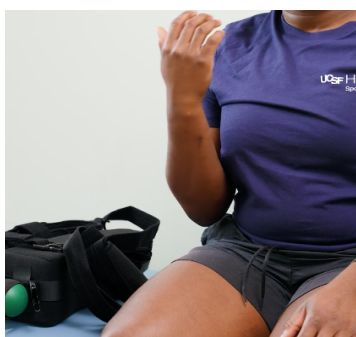
Frequency: 2 - 3 x 10 repetitions 3 x day



Scapular Squeezes with sling

Keep the sling on. Begin seated or standing with your head and neck relaxed. Squeeze your shoulder blades down and back bringing them closer together. Avoid shrugging your shoulders up. Hold for 10 seconds, then relax.

Frequency: 2 - 3 x 10 repetitions 3 x day



Elbow Flexion without sling

Remove the sling completely. Slowly extend and flex your elbow through a comfortable range.

Frequency: 2 - 3 x 10 repetitions 3 x day



Shoulder Flexion without sling

Remove the sling completely. Use your opposite arm to lift up the affected shoulder to 90 degrees. Then, slowly support it back down. Move through a tolerable range.

Frequency: 2 - 3 x 10 repetitions 3 x day

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