How to get Dressed After Shoulder Surgery with a Shoulder Immobilizer
How to put on your shirt after shoulder surgery

1. Place your shirt on your lap.

2. Place your operated arm through the first sleeve.

3. Find the opening for your head.
4. Pull the shirt over your head.

5. Put your unaffected arm through the other sleeve.

6. Push your unaffected arm through the sleeve.
7. Pull the shirt down over your stomach and back.

8. Finished.

How to put on your shoulder immobilizer after shoulder surgery

1. Place your operated arm on a pillow.
2. Hold the immobilizer by the chest strap in front of your body.

3. Wrap the large chest strap around your back.

4. Secure the chest strap around your body with the Velcro.
5. Wrap the wrist strap around your wrist and secure it with the Velcro.

6. Wrap the arm strap around your upper arm and secure it with the Velcro.

7. Your immobilizer should feel comfortable and support your arm and shoulder.
How to put on your jacket after shoulder surgery

1. Place your jacket on your lap.

2. Put your jacket over your operated arm and onto your shoulder.

3. Reach around your back to put your unaffected arm in the sleeve.
4. Push your unaffected arm through the sleeve.

5. Pull the jacket over your shoulder.

6. Finished.

Visit www.uhnpatienteducation.ca for more health information.

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