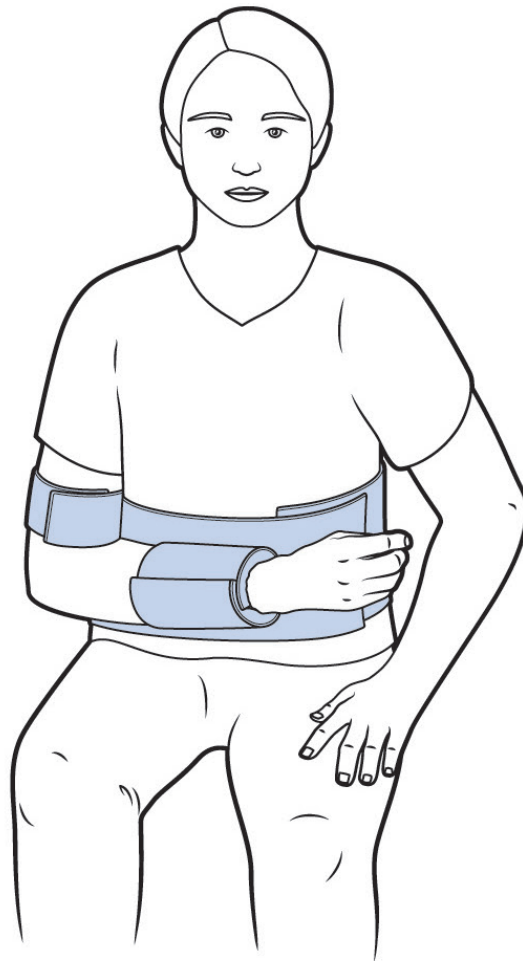


How to get Dressed After Shoulder Surgery with a Shoulder Immobilizer



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.



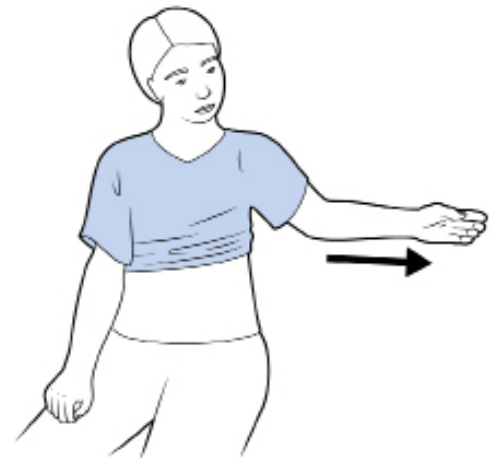
4. Pull the shirt over your head.



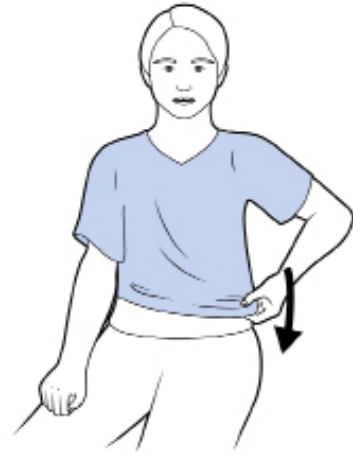
5. Put your unaffected arm through the other sleeve.



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.



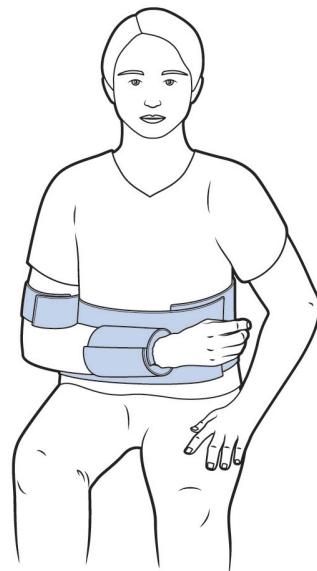
5. Wrap the wrist strap around your wrist and secure it with the Velcro.



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

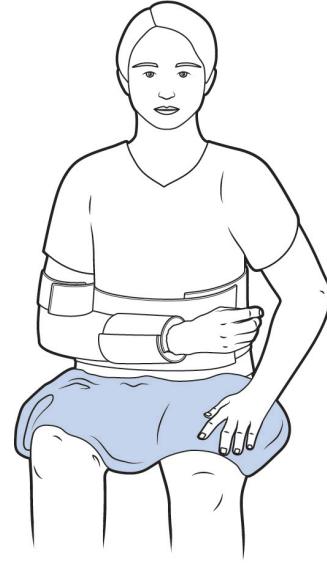


7. Your immobilizer should feel comfortable and support your arm and shoulder.



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.



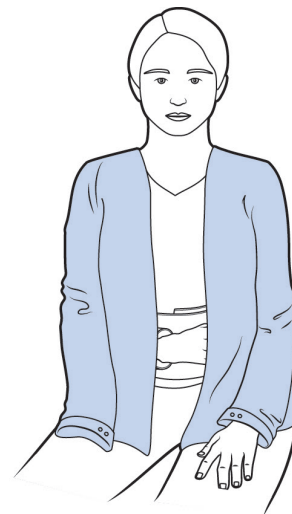
4. Push your unaffected arm through the sleeve.



5. Pull the jacket over your shoulder.



6. Finished.



Visit www.uhnpatienteducation.ca for more health information.

Contact us to provide feedback or request this brochure in a different format, such as large print or electronic formats: pfep@uhn.ca

© 2019 University Health Network. All rights reserved.

Use this material for your information only. It does not replace advice from your doctor or other health care professional. Do not use this information for diagnosis or treatment. Ask your health care provider for advice about a specific medical condition. You may print 1 copy of this brochure for non-commercial and personal use only.

Form: D-8606 | Authors: Shayne King, Aubrie Graham, Cora Bagaoisan | Reviewed: 11/2019