

# Actimove® Sling

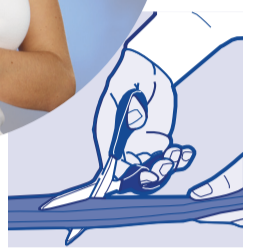
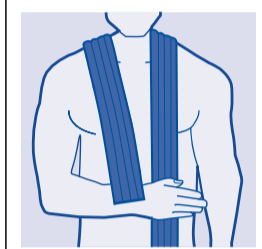
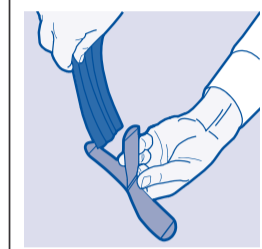
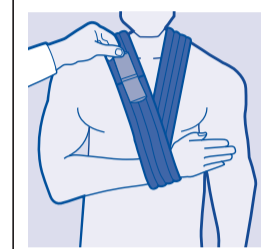
## Your Quick, Step-By-Step Guide

*Comfortable • Convenient • Versatile • Stretch-resistant • Cost effective*

### Simple Actimove® Sling

**You will need:** A measured length of Actimove® Sling (approx. 0.9m/3ft for adults) + 1 Y-tab



<p><b>1</b></p>  <p>Cut a measured length of Actimove® Sling.</p>	<p><b>2</b></p>  <p>Place Actimove® Sling around patient's neck, with the shorter length in front and on the injured side.</p>	<p><b>3</b></p>  <p>Attach the Y-tab to the <b>longer end</b>, by sandwiching the Actimove® Sling material between the 2 shorter stubs.</p>	<p><b>4</b></p>  <p>Wrap Actimove® Sling around injured wrist &amp; secure at the front, with the desired level of elevation.</p>
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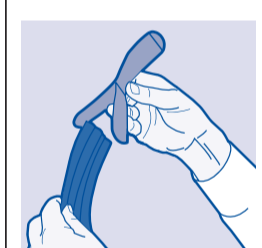
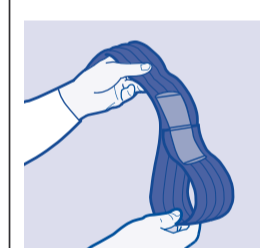
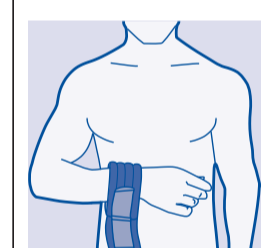
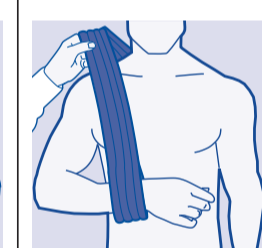
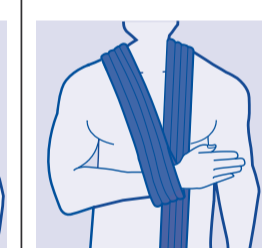
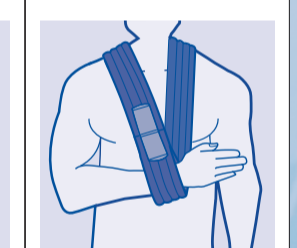
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### Single-Loop Actimove® Sling

**You will need:** A measured length of Actimove® Sling (approx. 1.2m/4ft for adults) + 2 Y-tabs


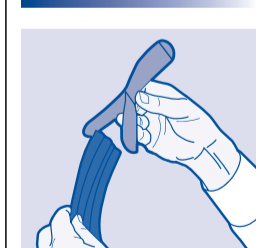
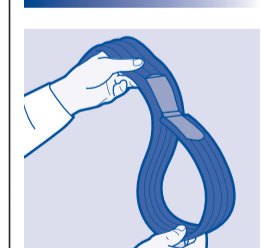
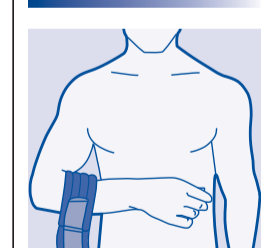
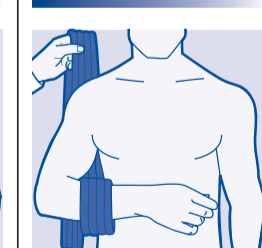
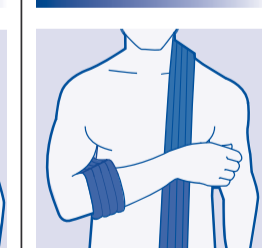
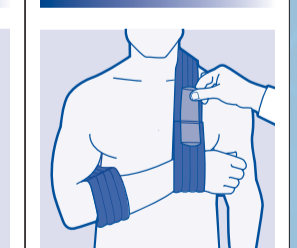


<p><b>1</b></p>  <p>Cut a measured length of Actimove® Sling.</p>	<p><b>2</b></p>  <p>Attach the 1st Y-tab at one end, by sandwiching the Actimove® Sling material between the 2 shorter stubs.</p>	<p><b>3</b></p>  <p>Create a small loop by attaching the free end of the Y-tab.</p>	<p><b>4</b></p>  <p>Slip the loop over the <b>wrist</b> of the patient's injured arm &amp; adjust so that it fits snugly.</p>	<p><b>5</b></p>  <p>Take the long Actimove® Sling length around the patient's neck, on the injured side.</p>	<p><b>6a</b></p>  <p>Bring the Actimove® Sling down and back <b>behind the wrist</b>.</p>	<p><b>6b</b></p>  <p>Attach the 2nd Y-tab &amp; secure at the front, with the desired elevation.</p>
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### Double-Loop Actimove® Sling

**You will need:** A measured length of Actimove® Sling (approx. 1.5m/5ft for adults) + 2 Y-tabs



<p><b>1</b></p>  <p>Cut a measured length of Actimove® Sling.</p>	<p><b>2</b></p>  <p>Attach the 1st Y-tab at one end, by sandwiching the Actimove® Sling material between the 2 shorter stubs.</p>	<p><b>3</b></p>  <p>Create a small loop by attaching the free end of the Y-tab.</p>	<p><b>4</b></p>  <p>Slip the loop over the patient's injured arm so that it sits <b>just below the elbow</b>.</p>	<p><b>5</b></p>  <p>Take the long Actimove® Sling length <b>under the arm</b> &amp; behind the patient's back.</p>	<p><b>6a</b></p>  <p>Bring the Actimove® Sling over the uninjured shoulder &amp; <b>slip behind the wrist</b>.</p>	<p><b>6b</b></p>  <p>Attach the 2nd Y-tab &amp; secure in front, at the desired elevation.</p>
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