THE GIVMOHR SLING

Your Occupational Therapist or Occupational Therapy Assistant may give you a GivMohr Sling for one or both of your arms. We want to provide support for the arm to prevent it from hanging down and prevent possible further injury. The GivMohr sling supports the weight of the arm(s) when standing, transferring, and walking. There are two ways it supports; 1) protective positioning and 2) functional positioning.

**Protective Positioning:** The GivMohr sling can take away the risk of a shoulder subluxation. Taking away the risk of a shoulder subluxation is important. A subluxation is a separation space that happens when the shoulder capsule is stretched. When your shoulder muscles are not working or are very weak, they can not support the weight of your affected arm. The weight of your arm hanging down can cause a shoulder capsule stretch and separation space to happen. Often there is swelling in the separation space and this can cause pain. There are different sizes of separation spaces depending on how much stretch there is on the shoulder capsule. Often there is more swelling in a bigger separation space and this can cause more pain. That is why it is important to wear your sling. The GivMohr sling can protect your arm(s) from more injury by supporting the weight of the arm, and decreasing the risk of a stretch on the shoulder capsule when standing and walking.

**Functional Positioning:** The GivMohr sling lets your affected arm and hand be supported at your side to have a useful arm swing pattern during walking, standing, and when transferring. If you have finger range of motion the plastic hand piece cone can be cut away from the sling. This will let you grip and pinch objects easier. The remaining hand and arm strap will still support the weight of your arm. Thin padding will often be wrapped around the hand strap to cushion it after the plastic hand piece cone is removed.

**General Wearing Information:**
Wear the GivMohr sling to support the weight of your arm(s) when standing, transferring, and walking. Usually you will not need to wear the GivMohr Sling when sitting because you can support your arms in other ways. You can support your arm(s) with pillows, by putting the pillows under your elbow(s) and forearm(s) when you are sitting in an armchair, or in a wheelchair that does not have a lap tray or an arm trough/tray.

In some cases your therapist may tell you to wear the GivMohr sling even when sitting. Your therapist will be concerned if you are not aware of the location of your arm. You may need to wear your GivMohr sling when sitting in an armchair. Your arm could slide off of the armrest or pillows without you knowing that the arm is hanging down. Or if you have a wheelchair with a lap tray or an arm trough tray your therapist may provide a protective forearm strap in place of wearing the sling when seated. This is to keep your arm from sliding off of the wheelchair lap tray, or out of the wheelchair arm trough/tray.
GivMohr Sling

Diagram of GivMohr Sling Parts

Shoulder harness

Anterior adjustment buckle

Shoulder harness

Arm strap

Axillary pad

Elbow strap

Wrist cross

Handpiece

4 tab buckle

Shoulder harness

Posterior adjustment buckle

Arm strap

Elbow strap

Handpiece
GivMohr Bilateral Sling
Putting on the GivMohr Arm Sling:

- Lay sling out on the table to line up and straighten it
- Put your non-affected arm through the looped shoulder strap
- Make sure the pad is adjusted so it cushions the armpit of the non-affected arm. Your **non-affected arm is the _______ arm**.
- Hold onto the square 4-tab slider and put it over your head. Center the 4 tab square slider tab over the spine and low between the shoulder blades. Make sure the other two shoulder harness arm straps stay in front of your affected arm. Your **affected arm is the _______ arm**.
- Straighten the two shoulder harness arm straps so both adjustment buckles are facing forward/front.
- Place the hand of your **affected _______ arm** into the hand strap with the plastic cone in the palm of your hand and the crossed wrist strap centered over the top of your wrist. (The wrist is in about 0-30 degrees of extension.)
- Push your elbow of the _______ **affected arm** into position so the elbow strap is approximately 1 inch below the elbow and resting on your forearm. (The elbow is in about 30 degrees or less of flexion/bend)
- Put the back strap behind your affected arm.
- Reposition the 4 tab slider so it is centered on your back and off your neck (centered over spine and low between shoulder blades).

Adjustments for different bulk of garments:

- Both shoulder harness arm straps can be readjusted at the adjustment buckles to reduce subluxation and support the affected arm.
- The back shoulder harness arm strap can be adjusted to bring the affected shoulder into neutral rotation. Avoid positioning the shoulder in a rounded forward position.

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 5/2014 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#7656