

Shoulder Care for the Weaker Arm After Stroke

Shoulder pain is a common complication after a stroke and can have an impact on quality of life and daily functioning. If you develop shoulder pain notify a member of your health care team.

Proper handling of the weaker arm

- Do not pull on arm
- Do not raise arm above shoulder height
- Do not pull or lift under the arm during transfers
- Ensure proper positioning when lying and sitting
- Use slings as prescribed by OT/PT
- Maintain shoulder range of motion passively

How to Apply a CVA Sling



- 1) Slip arm through loop to Just below the elbow, keep The arm supported.
- 2) Pull strap across the back, and over the opposite shoulder, Keeping the elbow supported.
- 3) Slide the affected hand into the second loop, and adjust the Strap so that the hand is level with the elbow.

When to wear your CVA sling

Wear sling when the weaker arm is unsupported (sitting at side of bed, transfers, sitting on toilet, walking, etc.)
Sling should not be worn in bed or when supported by a wheelchair tray.