

HEMI-SHOULDER SUPPORT STRATEGIES



Pillows

PROS: Abundant; Pliable; Many sizes; useful in Side Lying or sitting

CONS: May not maintain or approximate appropriate shoulder position; Not useful while standing.

Variations: wedges; lateral arm supports (w/c)



Hemi-Arm /"Broken Arm" Sling

WHAT: Sling that supports UE across body and underneath elbow w strap near or around neck

PROS: Abundant; Keeps UE across body during transfers; Good for patients w neglect; May assist w balance (1)

CONS: Does not approximate position in humerus; May facilitate learned nonuse; deconditioning; poor arm swing

E.g., Roylan CVA Sling; Harris Hemi-Arm Sling



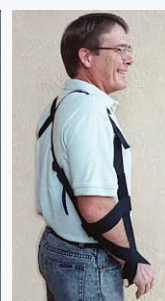
Humeral "Cuff" Slings

WHAT: Humeral cuff that is held in place by adjustable straps, either around body or proximal to cuff.

PROS: Approximates humerus position; some allow UE swing; worn under or over clothes; adjustable; some allow distal UE use; Can integrate modalities with some types

CONS: limits shoulder mobility (e.g., external/internal rotation)

E.g.: Alimed Hemi Shoulder sling; Performance Health Hemi Shoulder Sling



Distal Support Braces

WHAT: Supports UE distally; uses weight of the patient's forearm as a counterbalance to maintain positioning between the humerus and the shoulder joint (GHJ).

PROS: Approximates humerus position in some pts; adjustable; SOME allow distal UE use at different areas of the UE; Can integrate modalities

CONS: May discourage arm swing; If hemiparesis is dense, may not effectively approximate shoulder; May restrict distal UE use; May encourage synergy

E.g.: Wilmer orthosis; Give-Mohr; LuxArm

Selected Vendors

- Active Arm Supports, LLC; 303.718.0399
- AliMed; 1-800-225-2610
- Ottoback; 800-328-4058
- Performance Health; 800-323-5547

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