

Strategies for Managing Shoulder Subluxation

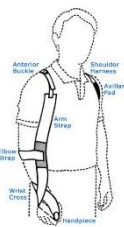
- Shoulder subluxation occurs due to muscle weakness. It is characterized by the upper arm bone (humerus) dropping out of the shoulder socket. The muscles may be too weak to hold the arm bone securely into the shoulder socket.
- **Positioning:**
 - Position the arms properly is important to reduce pain. Use pillows to support under the arm and reduce the pull on the shoulders.
 - At night use a pillow to support your arm.



- **Equipment:**

- **Slings**

- **Giv Mohr Sling**
 - ~\$60-\$150
- **Roylan Figure 8**
 - ~\$35



- **Utility Vest**

- ~\$30
- **Size up**

