

## Shoulder Surgery Equipment Guide

This guide provides ONS patients with information about equipment commonly recommended after shoulder surgery to support comfort, safety, and recovery.

Item	Purpose / Description
Sling	Supports and immobilizes your arm to protect the shoulder during healing.
Cryotherapy Device (Shoulder)	Provides cold therapy to reduce pain and swelling after shoulder surgery.
Accommodative Clothing	Adaptive clothing with Velcro or snaps makes dressing easier after shoulder surgery.
Driving Knob	A steering knob helps with one-handed driving (only if cleared by your physician).
Arm Chair	Provides sturdy support for sitting or sleeping; many patients find an armchair more comfortable early after shoulder surgery.
Wedge Pillow	Elevates your upper body during rest or sleep to reduce discomfort and strain on the shoulder.

## Sling

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## Arm Chair

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## Wedge Pillow

Elevates your upper body during rest or sleep to reduce discomfort and strain on the shoulder.

