Collar “n” Cuff

1) Take a length of collar “n” cuff and make a loop at one end large enough to put the forearm through.

2) Put the Collar “n” cuff around the back of the neck, with the loop on the affected side.

3) Feed the loop under the arm and slip it over the wrist and hand as far as the forearm, up to the elbow.

4) Place the other end over the wrist and hand.

5) Adjust the length so that the arm is fully supported and make a loop to support the wrist.