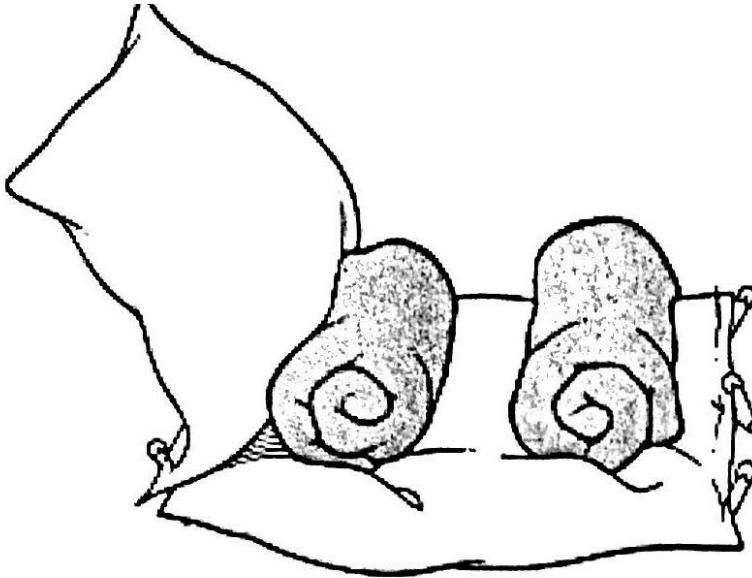


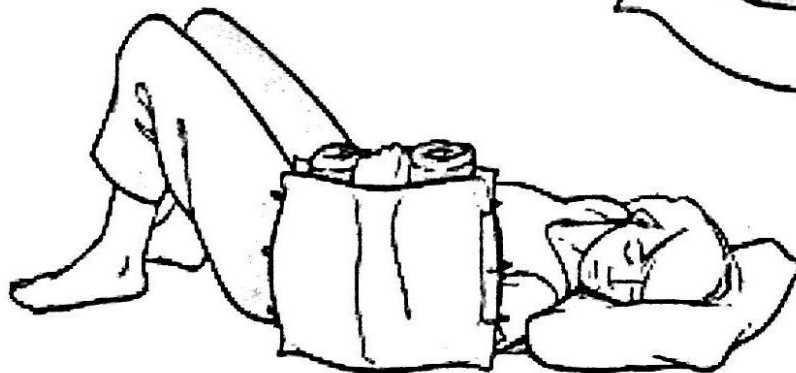
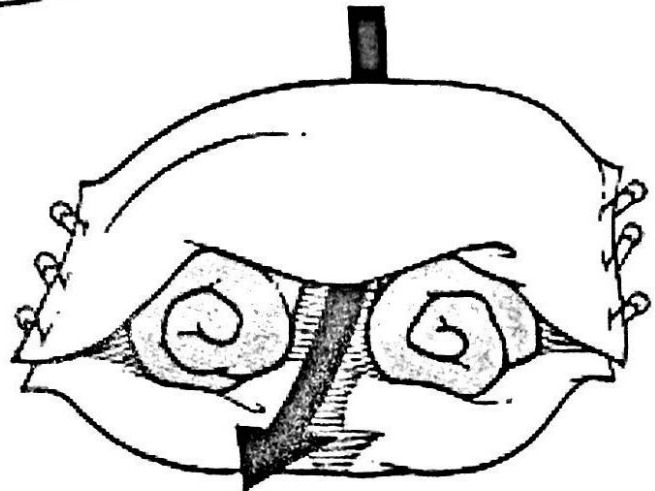
## Elevation of the Hand

Use these instructions to keep the hand elevated while sleeping.



To maintain elevation of the hand while sleeping, use two standard sized pillows, six or eight large safety pins, and two rolled up bath towels.

The forearm is placed between the bath towels inside the two pillows.



You will be able to sleep on your back or on your side, hugging the pillows.

