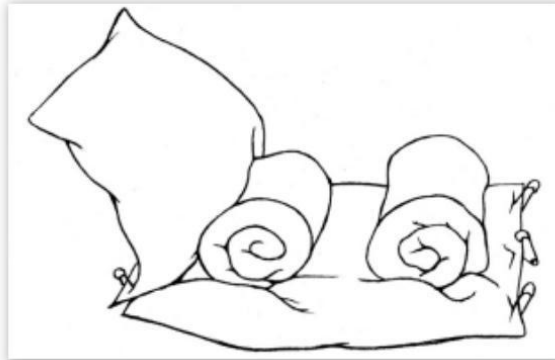
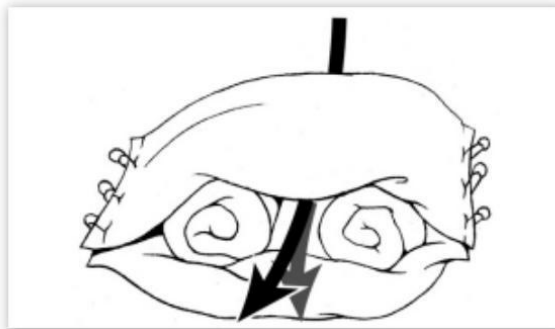


Elevation of the Hand



To maintain elevation of the hand while sleeping, you can use:

- Two standard sized pillows
- 6-8 large safety pins
- 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.