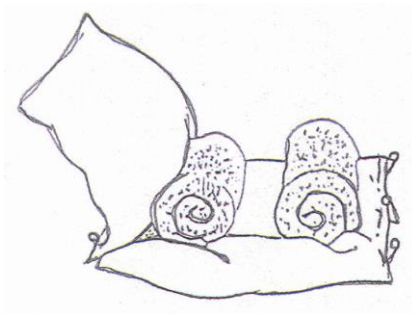
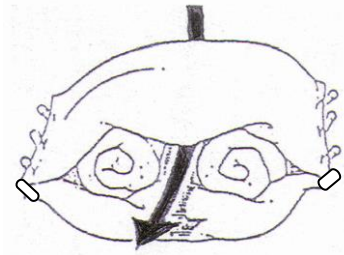


ELEVATION OF THE HAND



To maintain elevation of the hand while sleeping, use two standard-sized pillows, six or eight large safety pins or tape, 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.