

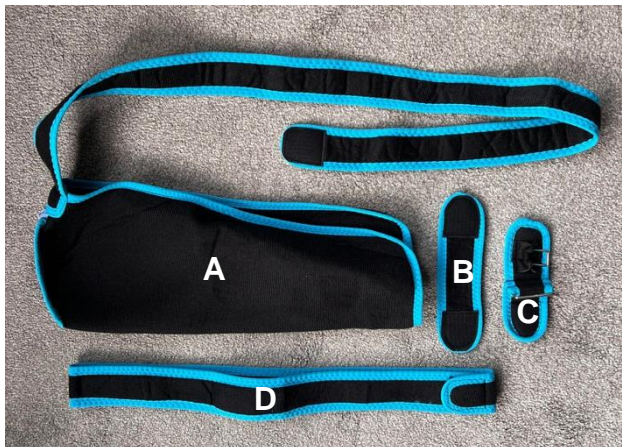
# Applying a Shoulder Polysling

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## Components of your Polysling



A-The Polysling, with shoulder strap attached.

B-A short strap with Velcro at each end.

C-A short strap with 2 metal D-loops attached.

D-A long waist strap with Velcro at each end.

## How to put on your Polysling



1. Sit down and rest your operated arm on a pillow before you start. Place your operated arm into the Polysling (A) so that your elbow is tucked into the corner, using your other arm for support.

2. Close the sling over the wrist by fastening the short strap with 2 metal D-loops (C). One D-loop should be facing upwards and the other facing inwards towards your body.



3. Close the other end of the Polysling near your elbow by fastening the other short strap (B).



4. Bring the shoulder strap (attached to sling) behind your back and over your non-operated shoulder and feed it through the upper D-loop, then fasten the Velcro back on itself. Adjust the length so that your hand is slightly higher than your elbow.



5. To fit the waist strap (D), feed the strap through the inner D-loop at the wrist and secure by folding the Velcro strap back on itself. Pass the other end of the strap around your waist and attach to the Polysling near your elbow using the Velcro. Check the Polysling is comfortable and secure.



## How to remove your Polysling

1. Sit down and place your operated arm on a pillow for support.
2. Unfasten the shoulder strap.
3. Unfasten both short straps at the wrist and elbow to open the Polysling.
4. Carefully slide the Polysling out from underneath your arm, allowing the pillow to support its weight.



\*Scan above QR code or follow the below link for a step-by-step video on how to apply your Polysling\*

<https://youtu.be/vp7CQzBK7gU?si=3qcLoyeSgMt1XENj>

## Contact details

Therapy department, Grantham Hospital, Manthorpe Road, Grantham, Lincolnshire  
NG31 8DG. **Telephone: 01476 464253**

Therapy department, Pilgrim Hospital Boston, Sibsey Road, Boston, Lincolnshire  
PE21 9QS. **Telephone: 01205 445494**

Therapy department, Lincoln County Hospital, Greetwell Road, Lincoln, Lincolnshire  
LN2 5QY. **Telephone: 01522 573945**

Therapy department, County Hospital Louth, High Holme Road, Louth, Lincolnshire  
LN11 0EU. **Telephone: 01507 631234**

Therapy department, Skegness Hospital, Dorothy Avenue, Skegness, Lincolnshire  
PE25 2BS. **Telephone: 01754 613516**

You can contact your consultant via the hospital switchboard if required.

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