

How to Put on Your Sling as an Immobilizer

The 'Polysling' has four components:

- 1: The sling part with a built in shoulder strap
 - 2: A short strap with 2 white D-loops attached
 - 3: A short plain strap with Velcro at each end.
 - 4: A long plain strap with Velcro at each end on opposite sides.
- 1: Place the operated arm into the sling carefully, using the other arm for support. If you are fitting the sling on your own without assistance, ensure that you are seated and your elbow is bent to 90 degrees and supported, eg on a pillow.
 - 2: Close the sling by attaching the short strap with 2 D loops, approximately 5-7cms from the wrist.
 - 3: **NOTE: It is important to have one D-ring on the top and one on the inside, not the outside.**

Wrong.

Right



- 3: Attach the other short strap near the elbow.

- 4: Place the shoulder strap over the neck and feed through the top D ring and adjust the length for comfort before sticking it down to itself.



PTO

Now we come to the tricky bit! The waist strap!

- 5: Attach one end of the waist strap to the front of the sling, over the elbow



- 6: Feed the strap round the back and through the inside loop inside the wrist and back onto itself.



- 7: The finished article!

