

## How to Put on Your Sling

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, (which may already have been discarded).

**For a simple sling, discard the long strap!** It is not used here, although you can use it as a temporary sling in the shower as a loop round your neck.

- 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: 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.

