

## INFORMATION FOR PATIENTS AND RELATIVES

# Polysling use to support the arm (after a stroke)

This leaflet aims to provide instructions to be able apply and fit the polysling to support the arm following a stroke.

This is to help manage pain and keep a good position of the shoulder joint, particularly when standing and transferring.

### Diagram 1



### Additional Information

The polysling support should only be used as directed by the therapy team. If you are experiencing problems with fitting, or develop pain, please liaise with a member of the therapy team for further advice.

### Contact details

Stroke Therapy Team

Please liaise with the ward team on ward 53/54 for help and support or you can contact us on telephone 01623 622515, extension 4679.

### Further sources of information

NHS Choices: [www.nhs.uk/conditions](http://www.nhs.uk/conditions)

Our website: [www.sfh-tr.nhs.uk](http://www.sfh-tr.nhs.uk)

### Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

**King's Mill Hospital:** 01623 672222

**Newark Hospital:** 01636 685692

**Email:** [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net)

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net).

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you. External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them. If you require a full list of references for this leaflet, please email [sfh-tr.patientinformation@nhs.net](mailto:sfh-tr.patientinformation@nhs.net) or telephone 01623 622515, extension 6927.

## Instructions for use

1.



2.



3.



4.



1. Position the sling and shoulder strap on the lower arm and pull tight around the elbow.

2. Adjust for length by turning the end of the sling inwards to reach the desired position.

3. Close the sling over the hand by attaching the D-Ring strap with the ring in the centre of the strap at the top of the arm and the second ring facing the patient.

4. Close the sling by attaching the sling closure strap at the elbow.

5.



6.



7.



8.



5. The arm can now be supported, by bringing the shoulder strap around the back of the patient and over the shoulder.

6. Pass the shoulder strap through the top D-Ring. Fix at the desired height using the touch fastener.

7. To immobilise the shoulder take the immobilisation strap at the elbow using the touch fastener.

8. Take around the back and pass through the D-Ring facing the patient.

To be completed by the Communications office  
Leaflet code: PIL202106-03-PSTA  
Created: September 2017 / Revised: June 2021 /  
Review Date: June 2023