

### 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 (if relevant) for this leaflet, please email [sfh-tr.patientinformation@nhs.net](mailto:sfh-tr.patientinformation@nhs.net) or telephone 01623 622515, extension 6927.

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## INFORMATION FOR PATIENTS

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## Therapy Services

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# How to fit a poly sling

If you are viewing this leaflet online, please click on the following link to watch information videos. If you have a paper copy, please copy the link into your browser:

[https://www.youtube.com/watch?v=3ZFnoKjw\\_Zs](https://www.youtube.com/watch?v=3ZFnoKjw_Zs)

- Support your arm on a pillow before you start. Slide your sling underneath the arm, so that your elbow is tucked into the corner of the sling, as shown.
- Now using the non-operated arm, feed the strap around your back and over the non-operated shoulder, as shown.
- Now pull the strap up on itself and fix the velcro at a level where the arm feels comfortable and supported, as shown.
- You **must not** lie on your affected shoulder or arm.
- We recommend that you lie on your back or the opposite side, as you prefer.

- Ordinary pillows can be used to give you comfort and support (feather pillows are easier to use than foam ones).
- Wear your sling when you are sleeping and do not remove it at night time.
- If sleeping on your side, tucking a pillow along your back helps you rolling onto your operated shoulder in the night.
- Place a pillow in front of your tummy to rest your affected arm on.
- Now pull the strap up on itself and fix the velcro at a level where the arm feels comfortable and supported, as shown.
- If sleeping on your back, use a pillow under the elbow of your affected arm for support and comfort.

