

Orthopaedic Department:
01935 384319

USE AND CARE OF SLING (POLY SLING)

**If you require this leaflet in
any other format, eg, large
print please telephone:
01935 384590**

Outpatient Department

You have been supplied with a sling for your shoulder/upper limb injury. The sling is to support and help immobilise the affected limb or joint.

Once the sling is in a comfortable position it should be removed/reapplied using the poppers at the front.

Your hand should be slightly elevated above your elbow, this will reduce swelling to the fingers.

To avoid the elbow joint becoming completely immobile whilst wearing the sling, you should remove the sling approximately every hour (during waking hours) and bend the elbow only.

Hand and wrist exercises are encouraged to prevent circulatory problems and reduce swelling to the fingers.

You may find it more comfortable to sleep in a semi-upright position with your arm supported by pillows.

To perform personal hygiene, it is best to lean forward slightly to wash underarm. Keep your arm supported and do not try to lift it in an upward or outward direction. You will be advised about wearing your sling over or under clothes. If it can be worn over clothes, it is best to put your injured arm in the sleeve first and when undressing remove your uninjured arm first.

Simple pain relief should be taken regularly as prescribed.

If you have any questions please ask.

How to apply and wear the sling

