

Emergency Department

Immobilization with Orthopedic Vest or Polysling

Advice for Your Return Home



You must wear an orthopedic vest or polysling (shoulder brace). This document provides information about treatment and monitoring after leaving the hospital.

Why do you wear a vest or polysling?

- ☐ fracture
- ☐ severe sprain
- ☐ sutured wound
- ☐ dislocation
- ☐ other: _____

What is your treatment?

Wear the vest over a T-shirt day and night until reassessed by a specialist.

Set up (To be checked by the practitioner):



video
orthopedic
vest



video
polysling

Recommended exercises

To be completed by the practitioner:

-
- | | |
|---|--|
| ☐ Finger movement | <p>To improve circulation and reduce swelling</p> <p>Stretch and spread your fingers 10 times, 10 times per day.</p> <p>Touch the tip of each finger with your thumb about 10 times, 10 times per day.</p> |
| ☐ Wrist movement | <p>To avoid wrist stiffness</p> <p>Bend and extend your wrist about 10 times, 10 times per day.</p> |
| ☐ Neck movement | <p>To avoid muscle pain</p> <p>Do neck stretches and shoulder relaxation about 10 times, 10 times per day.</p> |
| ☐ Elbow movement | <p>To avoid elbow stiffness</p> <p>Bend and extend your elbow about 10 times, 10 times per day.</p> |
| ☐ Shoulder movement | <p>To avoid shoulder stiffness</p> <p>Remove the injured arm from the vest, lean forward allowing the arm to hang away from your body.</p> <p>Gently swing and rotate your arm to draw small circles towards the ground without contracting your muscles, at least 5 each direction, 5 times per day.</p> |
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Recommendations to follow

Wearing
the vest

Wear your vest day and night (24/24 h).

You may remove it only to:

▲ Wash yourself:

- Keeping the injured arm in the same position (elbow 90°) against your belly.
- Ask someone for help if needed.

▲ Apply ice (avoid direct skin contact).

▲ Do the recommended exercises.

Jewelry

Do not wear jewelry on the injured side.

If the arm swells, jewelry can block blood flow.

Sports

Do not play sports until reassessed
by the specialist.

Medications

Take medication exactly as instructed
by the medical team and as written
on your prescription.

What happens next?

To be completed by the practitioner:

- ☐ You have an **orthopedic-trauma follow-up appointment** on _____ at _____
(If you cannot attend or wish to reschedule, please call 021 314 27 98 as soon as possible).
- ☐ You will be called for a **Sports Medicine consultation**.
The department secretary will contact you by SMS or phone. If you have no news within 5 business days, call 021 314 94 06.
- ☐ Make an appointment with your **general practitioner** for follow-up.

If you received a green radiology referral form:

Book an appointment promptly with a radiologist or at CHUV Radiology (021 314 44 44). Results will be sent to the specialist and discussed at your consultation.



For any further questions, please contact your general practitioner or the pharmacist who provided your treatment.



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