

Emergency Department

High arm sling advice

Information for patients

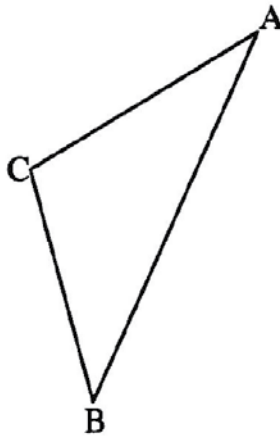


High arm sling

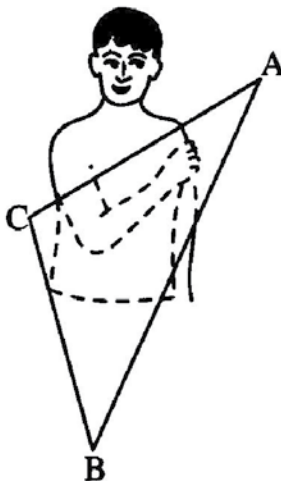
You have been advised to keep your arm elevated (raised up) in a high arm sling. This will help reduce swelling of your hand and wrist.

How to apply a high arm sling

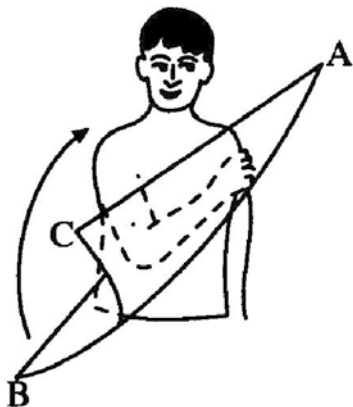
- Place your injured hand on the opposite shoulder.
- Lay the sling diagonally across your chest from shoulder to elbow, following the natural line of your injured arm.



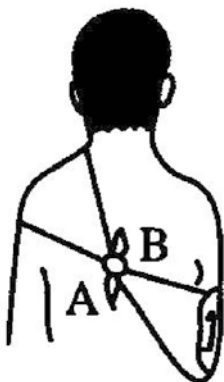
- Side A C should be at the top.



- Tuck side A B under your elbow, making sure that your hand has been included in the sling.
- Take point B around towards your back.



- Tie point A to point B in the middle of your back or, if it's more comfortable, it can be tied just below the shoulder of your injured arm.



- Gather point C together to form a natural cradle for your elbow to sit in, and pin around the back of the sling with a safety pin.

How to look after your arm

It is important that you take your arm out of the sling and exercise it every hour. This will prevent your shoulder, elbow and fingers from becoming stiff.

Exercises

1. Bend and stretch your injured arm.
2. Rotate your upper arm and shoulder.
3. Touch the back of your head (as far as you are able).
4. Touch your lower back (as far as you are able).
5. Wiggle your fingers.

How to contact us

If you have any questions or concerns, please contact:

Emergency Department

John Radcliffe Hospital

Tel: **01865 220 224**

Emergency Department

Horton General Hospital

Tel: **01295 229 412**

Alternatively you can contact your GP or NHS 111 (Freephone), for advice.

If you have a specific requirement, need an interpreter, a document in Easy Read, another language, large print, Braille or audio version, please call **01865 221 473** or email **PALSJR@ouh.nhs.uk**

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