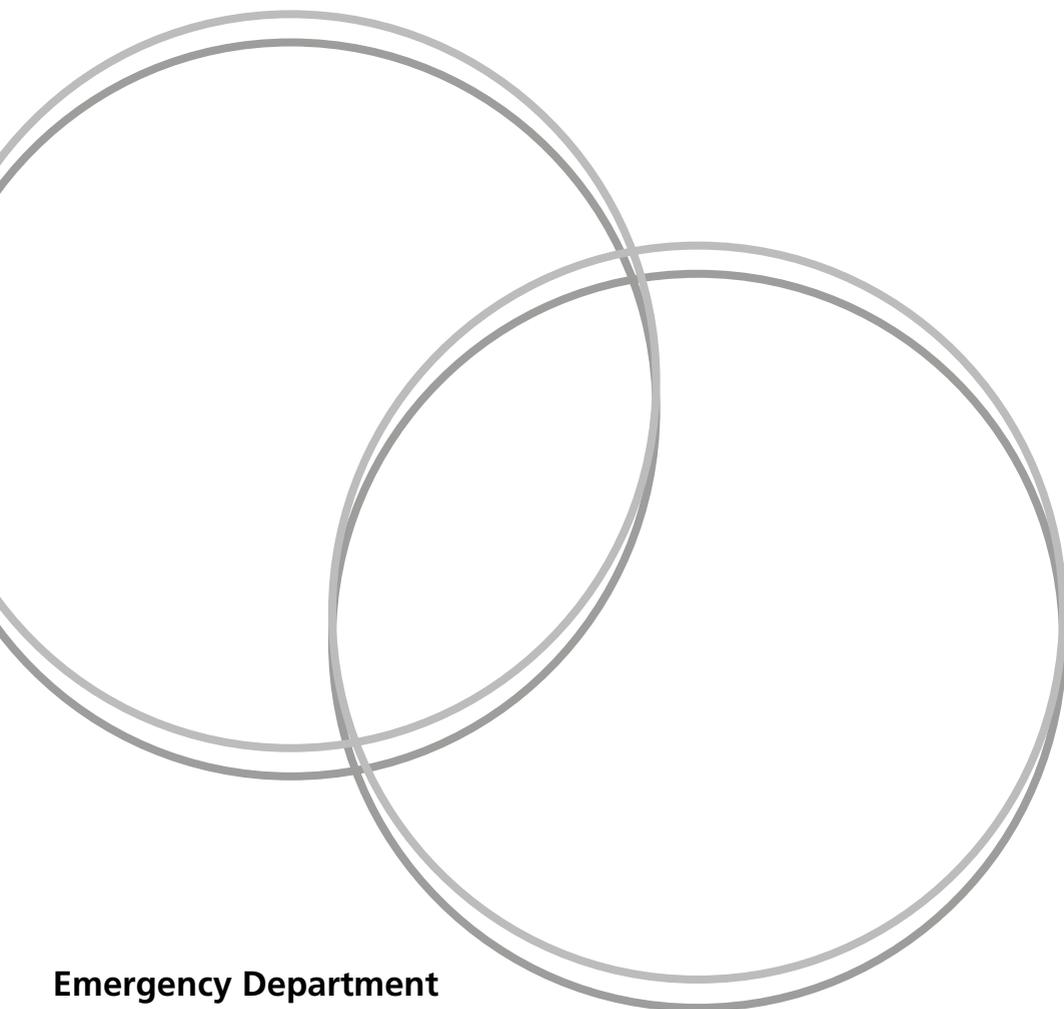




Oxford University Hospitals  
NHS Foundation Trust

# Broad arm sling advice

**Information for patients**



**Emergency Department**

# Broad arm sling

Slings are used to give comfort and protection to injured arms, wrists and hands.

The broad arm sling is used for upper arm injuries and is applied as shown in the pictures below. The opening where your hand is, at the bottom of the sling, should lie at the root of your little finger, leaving your fingers exposed so they can move.

## How to apply a broad arm sling

- Position your injured arm so that your shoulder is relaxed and your hand is across your stomach. Your hand should be slightly higher than your elbow.
- Lay the sling under your forearm and across your chest as shown, with point C near your elbow.
- Side A B should be vertical and away from the injured part of your arm.
- Fold corner B over your injured arm, up towards your shoulder, as shown. It should be at the same level as corner A, on the opposite side of your neck.
- Tie corner A and B together comfortably behind your neck.



- Gather point C together to form a natural cradle for your elbow to sit in, and secure it at the front of the sling with a safety pin or tape.



## 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.

## For further advice

Please contact your GP or NHS 111 (dial 111 (freephone) from any landline or mobile).

## Further information

If you would like an interpreter, please speak to the department where you are being seen.

Please also tell them if you would like this information in another format, such as:

- Easy Read
- large print
- braille
- audio
- electronic
- another language.

We have tried to make the information in this leaflet meet your needs. If it does not meet your individual needs or situation, please speak to your healthcare team. They are happy to help.

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[www.ouh.nhs.uk/information](http://www.ouh.nhs.uk/information)



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