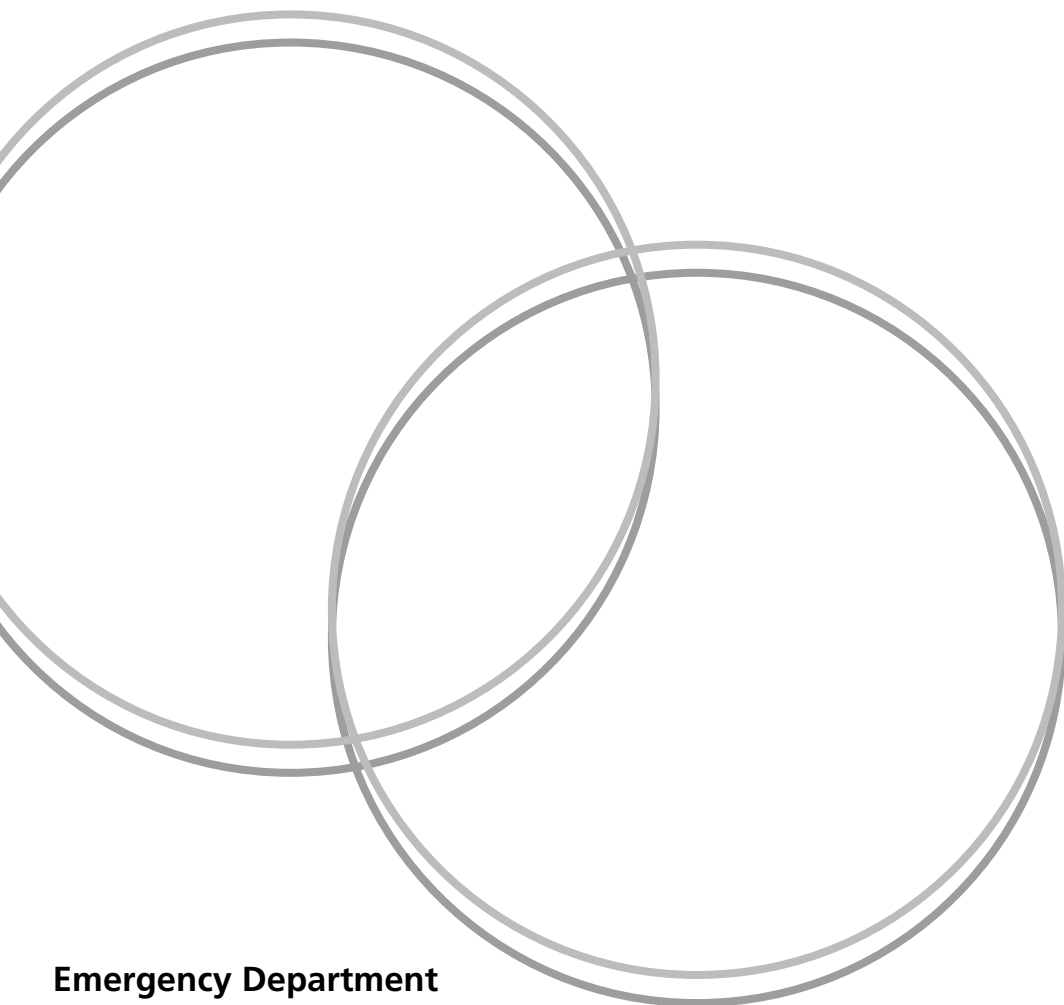




Oxford University Hospitals  
NHS Foundation Trust

# High arm sling advice

**Information for patients**



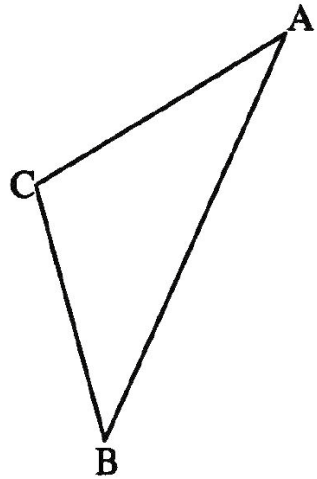
**Emergency Department**

# High arm sling

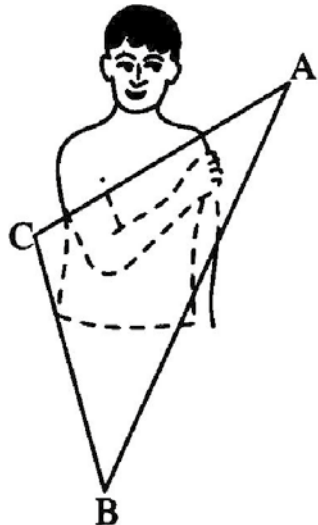
You have been advised to keep your arm elevated (raised up) in a high arm sling. This will help reduce swelling of your hand and wrist.

## How to apply a high arm sling

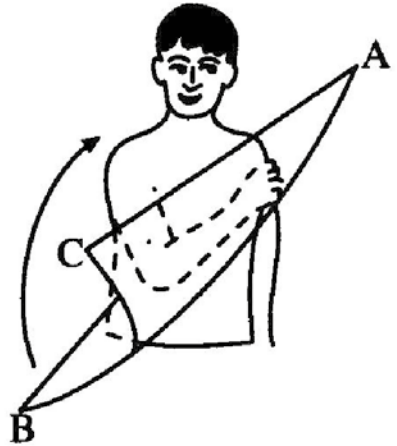
- Place your injured hand on the opposite shoulder.
- Lay the sling diagonally across your chest from shoulder to elbow, following the natural line of your injured arm.



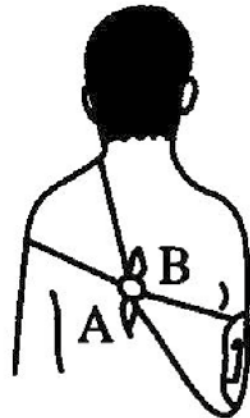
- Side A C should be at the top.



- 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.

## **For further information or 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.

Author: Emergency Departments  
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Oxford University Hospitals NHS Foundation Trust  
[www.ouh.nhs.uk/information](http://www.ouh.nhs.uk/information)



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