

## Patient information

### **Sling Advice**

#### Therapies Department

You have been provided with a sling for your arm. This leaflet provides some advice on using a sling and how it will help your recovery.

A sling will provide comfort and help with pain relief. It does not aid healing. You should remove it for washing and dressing and you will be advised in Fracture Clinic/Accident and Emergency Department /Ward when you can wean yourself from your sling.

#### **Common Questions**

##### **Do I wear my sling at night time?**

This may not be necessary if you can support your arm with pillows. However some people choose to sleep in the sling as it is more comfortable especially in the first couple of weeks following injury.

##### **Can the sling be washed?**

The sling can be washed by hand and air dried.

##### **Can I take it off when washing?**

You can remove your sling when bathing or showering but it is important to keep your arm close to your body to limit the movement.

If you are having a strip wash, we recommend you rest your affected arm on a table. When you are getting dressed we recommend you put your affected arm into your clothes first.

#### **Posture advice while wearing the sling**

- It is important to maintain a good posture whilst wearing your sling.
- When you stand keep your back straight and your shoulders in a pulled-back but relaxed position.
- Keep your chin up and try to avoid slouching.
- When you sit keep your back against the chair's backrest for support.
- As with standing, aim to keep your back straight with your head and chin upright.

- If you can comfortably support your arm on the chair's armrest, you may do so.

**The following photographs show you the correct position of the sling;**



Whilst you are in the sling it is important that you maintain full neck, elbow, wrist and hand movements.

The following exercises will help you to recover and should be practiced regularly during the day.

We would suggest doing them at least three to four times per day.

Repeat each exercise ten times or as many as comfortable until you have regained normal movement.

You should aim to increase movement each day. Forcible stretching is unnecessary. With your forearm supported in the sling, move your wrist up and down and side to

side. Ensure you keep moving your fingers and thumb as shown.

Maintain your grip strength by frequently squeezing a ball or sponge. This can also be completed with the sling in place.



In standing, sitting or lying, bend and straighten your elbow as far as pain allows.



When sitting with your forearm supported or standing with your elbow at your side and bent to a right angle, slowly turn the palm up and down as far as pain allows.



Turn your head to one side as if trying to look over your shoulder. Hold for five seconds then repeat the opposite side.



**You should contact your GP if you require a fit note.**

### **Feedback**

Your feedback is important to us and helps us influence care in the future.

Following your discharge from hospital or attendance at your outpatient appointment you will receive a text asking if you would recommend our service to others. Please take the time to text back, you will not be charged for the text and can opt out at any point. Your co-operation is greatly appreciated.

### **Further information**

**Should you have any worries or concerns a message can be left on the Fracture Clinic Hotline and an appropriate person will contact you between 9 – 4pm, Monday to Friday. Any messages left over a weekend will be dealt with on Monday.**

**Tel: 0151 706 2831**

**Text phone number: 18001 0151 706 2831**

**For any urgent worries or concerns please contact the Emergency Department on**  
**Tel: 0151 706 2050**  
**Text phone number: 18001 0151 706 2050**

**Non urgent concerns can be discussed with your GP.**

**Royal Liverpool University Hospital**  
**<http://www.rlbuh.nhs.uk>**

**NHS 111 Service**  
**Tel: 111**

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