

Dislocated shoulder

Emergency department Patient Information

This information leaflet is for those patients who have been seen and treated for a dislocated shoulder

You have injured your shoulder by dislocating the joint. It has been necessary to re-locate the shoulder back into its normal position. To allow the soft tissues surrounding the shoulder to heal and the joint to become stable, you have been given a sling to support the arm.

In order to aid recovery please carry out the following instructions:.

Do



Take medication for the pain and inflammation. We recommend simple over the counter medication such as paracetamol or ibuprofen if you are safe to take them and advise reading the information leaflets in the packet which advises when and how to take them.



Apply a regular icepack to the shoulder. Wrap a pack of frozen peas in a damp towel. Apply oil to the area and place the icepack onto the affected shoulder for 10-15 minutes.



Wear loose fitting clothing and dress the injured arm first, taking care not to take the arm away from the body.







Take your arm out of the sling regularly and carry out the following exercises, 4 x daily, 10 repetitions of each.

- With your elbow tucked into your side. Alternately turn palm up and down keeping elbow still.
- To prevent the hand from getting stiff, make a fist and then spread the fingers wide.
- Stand. Bend your elbow as if taking your hand up to touch your shoulder and then straighten your elbow. Each time gently work into the stiffness.
- Royal waving. Make a circle in the air using your hand (keep your arm still so you get movement at your wrist). Go in one direction then the other.
- Brace both shoulders back as far as you are comfortable.
- It is important to keep your neck moving.

Do the following exercises:

- Look over each shoulder in turn.
- Drop your ear to each shoulder.
- Look up to the ceiling then to your chest.
- Hold all exercises for 10 seconds.

Do not

-  Take the arm into extremes of movement, for example hand behind head or behind back.
-  Carry out any heavy lifting for at least 4–6 weeks.
-  Sleep with the arm above the head for 4–6 weeks.
-  Allow your wrist to droop out of the end of the sling.


A fracture clinic appointment will be made for you by the clinician overseeing your care. This appointment will be sent out to you and may be done virtually rather than face to face. At your fracture clinic appointment, you can ask for further advice on exercises and general use of your arm.


If you have any concerns, please contact the virtual fracture clinic team on fracturecare@uhd.nhs.uk. This email is monitored 8.30am-4.30pm, Monday to Friday, or alternatively call **01202 665511** and ask for the virtual fracture clinic.


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