

Arm sling information

Emergency department Patient Information

You have been advised to keep your arm in a sling. There are different types of slings for different injuries, but for whichever one you have, exercising the joints that are not affected is important.

Take the arm out of the sling and do some stretches with it every hour, as this will help prevent stiffness of the joints that are not affected, for example the shoulder, the elbow, the fingers, and thumb.

The exercises should include:

- bending and stretching the injured arm
- rotating the upper arm and shoulder
- touching the back of your head (within the limits of your mobility)
- touching your lower back (within the limits of your mobility)

High arm sling

- Place your injured hand on your opposite shoulder.
- Lay the sling diagonally across the chest from shoulder to elbow following the natural outline of the injured arm. Side A should be at the top.
- Tuck side B under the elbow, ensuring the hand has been included in the sling.
- Take point B through to the back. Tie point A to point B in the middle of the back, or if you find it more comfortable, it may be tied just below the shoulder of the unaffected side.
- Gather point C together to form a natural cradle for the elbow to sit in and pin together with a safety pin.



Broad arm sling

- Place the sling underneath your arm against the tummy with A on your shoulder, B pointing downwards and C to the elbow.
- Pull point B up to the opposite shoulder and tie with point A - try not to tie it directly behind the neck.
- Gather up the loose material at point C and pin together with a safety pin.



Polysling

- Place your injured arm across your tummy.
- Place your arm into the polysling with the elbow sitting securely in the cradle of the sling.
- Adjust the Velcro straps so that it sits comfortably for you.



You may have been asked to return as an outpatient depending on your injury. If this is not the case then, in most cases you should be able to remove your sling once you feel your injury is starting to improve.

If you have any concerns regarding your sling, or if your injury shows no signs of improvement after two weeks, then you should contact your own General Practitioner.

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