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SLINGS

**If you require this leaflet in
any other format, eg, large
print please telephone:
01935 384590**

Outpatient Department

Slings

Slings are used to support and protect injured arms, wrists and hands.

Broad arm sling

When your sling is applied the hand should be placed slightly higher than the elbow. The fingers need to be exposed for exercise and observation.



High arm sling

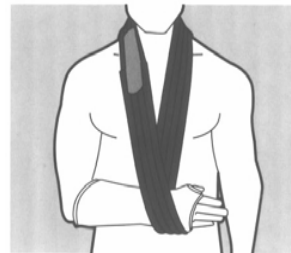
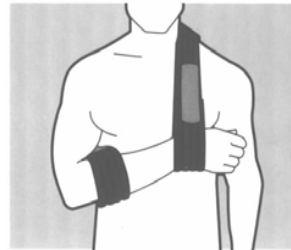
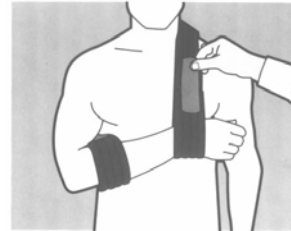
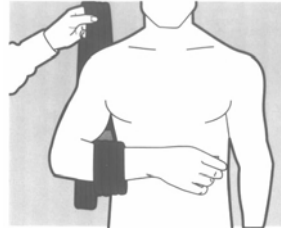
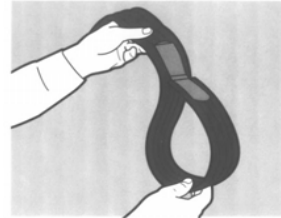
This sling is used to support the hand and forearm in a raised position to prevent swelling.



Always tie the sling with a reef knot as this lies flat and does not slip.

Collar and Cuff Sling

This sling is applied as either a single, or double loop, around the affected arm.



You will be advised about wearing your sling over or under clothes. If it can be worn over clothes it is best to put your injured arm in the sleeve first and when undressing, remove your uninjured arm first.

Simple pain relief should be taken regularly as prescribed.

If you have any queries or questions please ask.