

Contact details

If you have you any other questions or problems please contact the A&E Department.

Telephone: 01483 571122 **ext** 2206

PALS and Advocacy contact details

Contact details of independent advocacy services can be provided by our Patient Advice and Liaison Service (PALS) who are located on the right hand side as you enter the main reception area. PALS are also your first point of contact for health related issues, questions or concerns surrounding RSCH patient services.

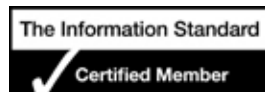
Telephone: 01483 402757

Email: rsc-tr.pals@nhs.net

Opening hours: 9.00am–3.00pm
Monday to Friday

If you would like information documents in large print, on tape or in another language or form please contact PALS.

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Future review date: Sept 2021
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**Royal Surrey
County Hospital**
NHS Foundation Trust

Broad arm sling

Accident and Emergency Department



Patient information leaflet

How do I apply a broad arm sling?

- 1 – Sit comfortably.
- 2 – Place the bandage over the front of your body (see Figure 1).
- 3 – Move the affected arm onto the bandage.
- 4 – Bring the bottom corner of the sling up over your arm. Tie in front of the shoulder (see Figure 2).
- 5 – Fold over the corner at the elbow and secure with a pin.

Take your arm out from the sling every 2–4 hours. Exercise your elbow and/or shoulder joints to stop them stiffening up.

Move your fingers regularly to exercise the joints.

For your personal safety, remove sling at bedtime.

Reference source

<http://www.sja.org.uk/sja/first-aid-advice/first-aid-techniques/how-to-make-an-arm-sling.aspx>

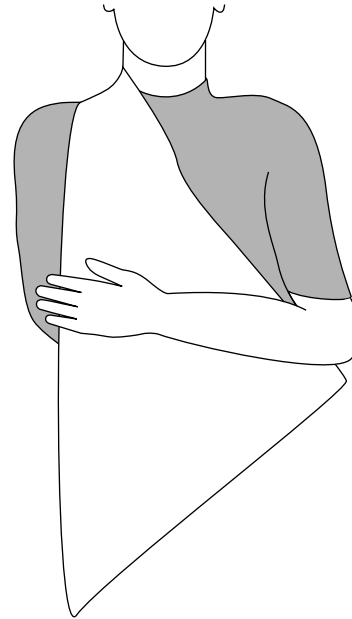


Figure 1

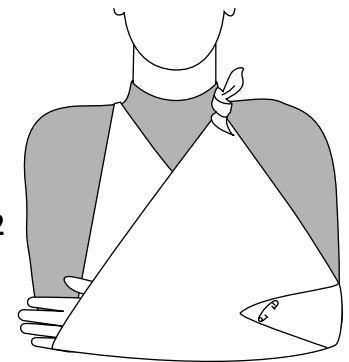


Figure 2