



PATIENT INFORMATION – ARM SLINGS

Your doctor has advised you to wear a sling for a while. This may mean that you have to re-make the sling. These instructions will be of help to you.

Wide arm sling

- Place the sling against your body, with the corner extending beyond your elbow. Hold the injured arm over the sling. Put the upper part of the sling over the shoulder and behind the neck.
- Put the lower part of the sling over the forearm and hand, leaving the finger's showing. Tie the sling at the back of the neck.
- Close the end by the elbow with a safety pin.

High arm sling

- Put the hand of the injured arm on the opposite shoulder. Place the corner of the sling passed the elbow and over the injured arm. Take the top end of the sling over the shoulder and behind your neck.
- Whilst supporting your arm, push the bottom of the sling under the arm and elbow.
- Take the lower end behind your neck and tie the two ends.

Further Advice/Instructions

Please use this section to give the patient specific information e.g. follow up appointments or after care advice.



If you become unwell or are injured, choose the right NHS service to make sure you get the best treatment. The Choose Well campaign explains what each NHS service does, and when it should be used.

Choosing well means that you and your family will get the best treatment. It also allows busy NHS services to help the people who need them most.

If you are unsure about which option to choose, please call NHS Direct Wales on 0845 46 47 or visit the choose well website at www.choosewellwales.org.uk

This information has been produced based on previous information leaflets and the evidence available at the time of publication. It has been clinically reviewed however if you notice anything that needs updating or amending please contact ppi.team@wales.nhs.uk

If you require this information in another language or format please ask a member of staff.

For further advice or information contact NHS Direct Wales 0845 46 47
www.nhsdirect.wales.nhs.uk