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## **PATIENT INFORMATION – DISLOCATED SHOULDER**

You have dislocated your shoulder which means that the ball has come out of the socket. We have relocated it back into its normal position. You have been provided with a sling to support the arm to allow it to heal.

### **The following should help:**

- Keep your arm in the sling. Take medication for the \*pain and inflammation
- Wear loose fitting clothes and dress the injured arm first and make sure that it remains close to the body
- Follow the exercises given to you
- Before you begin your exercises, hold an ice pack (or a bag of frozen peas wrapped in a tea towel) on the shoulder for 10 to 15 minutes and take some painkillers. It is normal to feel aching, discomfort or stretching when doing these exercises. However, if you have intense pain for more than 30 minutes, do the exercise less forcefully and less often
- It's better to do short, frequent sessions of 5 to 10 minutes four times a day rather than one long session, and to gradually increase the number of repetitions you do

### **Recovery Time**

- Recovery time can be between 12-16 weeks

## DISLOCATED SHOULDER CONT

### Further Advice/Instructions

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

### \*Pain relief advice

You may have been given some pain relief by the health professionals in the Accident and Emergency Department. If this runs out and you need further pain relief, you can speak to a pharmacist for advice. Some common painkillers are available to buy over the counter, for e.g. paracetamol or ibuprofen. Always follow the instructions on the packet if you are taking these, and seek further advice from the pharmacist should you have any concerns, particularly if it is for a child.

### Local Services

The NHS Direct Wales website allows you to search for local services in your area, such as Pharmacy and Sexual Health Clinics.

[www.nhsdirect.wales.nhs.uk/localservices/](http://www.nhsdirect.wales.nhs.uk/localservices/)

Choose the service you require and follow the guidance on how to search.

## DISLOCATED SHOULDER CONT



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](http://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](mailto: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](http://www.nhsdirect.wales.nhs.uk)