



High Arm sling



Broad Arm sling



Collar and cuff

Go to your GP or nearest emergency department at once if you notice:

- More swelling than usual
- Tingling
- Blueness
- Pain not controlled with regular pain medication

Please remember - Good recovery depends on your co-operation.

Remember the acronym P. OI. I. C. E.

- P.- Protect or Prevent
- OI.- Optimal load
- I.- Ice
- C.- Compression
- E- Elevation

Patient advice and liaison service (PALS)

If you have a compliment, complaint or concern please contact our PALS team on 020 7288 5551 or

whh-tr.whitthealthPALS@nhs.net

If you need a large print, audio or translated copy of this leaflet please contact us on 020 7288 3182. We will try our best to meet your needs.

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Upper Limb Injuries

A patient's guide



Hand injury

The clinician has examined your hand to see if there are any immediate problems, but does not feel that you need to stay in hospital.

You should:

- ✓ Follow the instructions given to you by the nurse or doctor.
- ✓ Keep your hand in the sling and raised towards your shoulder. This will help to stop swelling and pain.
- ✓ Exercise any parts of your hand that are not in bandage or splinted, even if this is painful.

You should not:

- ✓ Wear any rings on your hand until it is completely better.
- ✓ Miss any appointments you may have been given.

Shoulder Injury

Because you have injured your shoulder it is important that you exercise it regularly to stop any stiffness, and to make sure that you get the movement of your shoulder and joint back completely. However you must not overuse it until you are told that you can do so, as it could make the pain worse.

Clavicle fracture

You have broken a bone connected to your shoulder called the clavicle. These types of fractures are commonly managed without surgery or plaster. You will need to keep your affected arm in a sling. You will be seen in the fracture clinic to ensure things are healing well.

Mallet Finger

You have torn the tendon that straightens the end joint of your finger, so that now your finger droops and you cannot straighten it properly.

To treat this you should not let your finger droop at any time for the next 6-8 weeks. If you do so, it won't heal and will droop forever, so we have given you a splint to keep the joint straight while you are using your hand.

We will see you again in the clinic to make sure that everything is progressing correctly.

You should:

- ✓ Keep your hand raised and try to exercise all the other joints, except the one in the splint.
- ✓ Wear the splint at all times.
- ✓ Check that you have been booked for the clinic.

You should not:

- ✓ Bend the joint of your finger at all.
- ✓ Wear any rings on your hand until the finger has healed, so that you do not cause any problems with the circulation.

Cleaning your finger and the splint

If the splint gets wet or you need to wash your finger you can take the splint off, but you **MUST** keep your finger straight. You can do this by resting it on the edge of a table or sink whilst you remove the splint, clean your finger and then reapply the splint.

Slings

Slings are used to support and protect injured arms, wrists and hands. There are 3 types of sling that maybe used:

High Arm sling

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

Broad arm sling

This is used for arm injuries. When correctly applied the hand should be slightly higher than the elbow, the base of the sling should lie at the root of the little finger and the finger nails should be exposed.

Collar and cuff

This is used commonly to manage clavicle fractures.

Please see pictures of these overleaf.