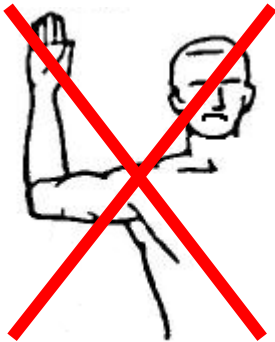




Shoulder Anterior Dislocation

You may have your arm rested in a sling to support it in order to allow the soft tissues to rest. The sling is useful for two to 10 days after the injury and it can then gradually be discarded (guided by pain). The arm can still be supported when sitting using pillows/cushions. When sleeping it is useful to allow the shoulder to hug a pillow or a small rolled up towel. During periods of prolonged walking or standing it may be necessary to use the sling or rest your hand in a coat pocket. You must avoid sleeping with your arm above your head. If you have a tendency to do this, try sleeping with your arm inside a t-shirt.



Do Not Do

This position **must** be avoided for six weeks after your injury as there is a risk of re-dislocation.

In the early stages of recovery after a shoulder injury it is important to keep your elbow, wrist and hand moving as normally as possible. Repeat these exercises little and often and, as they become easier to do, increase the amount you move your arm.

First week – initial application of an ice pack or a bag of frozen peas wrapped in a damp tea towel placed on the painful area is recommended. Leave on for a maximum of 15 minutes. This can be repeated every two to three hours.



Shoulder Anterior Dislocation

From second week – heat applied with a warmed wheat bag or hot water bottle for 15 minutes will help.

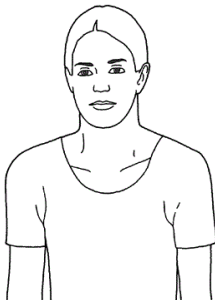
It is recommended that you take regular Paracetamol as needed.

Exercises

Sit or stand. Look in the mirror at your shoulder position. Try to ensure both shoulders are level.



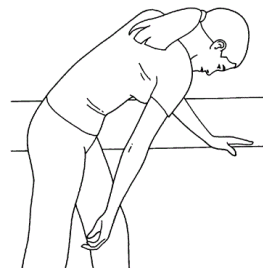
Shrug your shoulders up, and then relax.



Sit or stand.

Roll your shoulders forwards and then backwards.

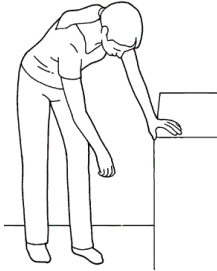
Stand leaning on a table with one hand. Let your affected arm hang freely keeping your elbow straight.



Swing the affected arm forwards and backwards.



Shoulder Anterior Dislocation

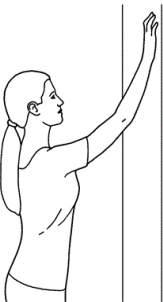
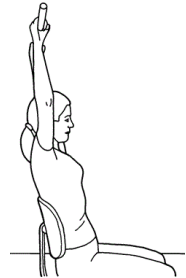


Stand, leaning on a table with one hand. Let your affected arm hang freely keeping your elbow straight.

Swing the affected arm from side to side.

Sit, stand or lie down. Clasp your hands together or hold onto a stick with both hands.

Lift both arms as high as you can manage above your head.



Stand facing a wall. Slowly 'walk' your fingers up the wall, aiming to get as high as possible. Hold for a few seconds. Slowly walk your fingers back down again.

Aim to repeat each of the above exercise 10 times, at least twice a day. When doing each exercise you should only nudge into the pain.

Pictures:physiotools

Follow the link below to view videos of the exercises

https://gateway.physiotools.com/Print/P.aspx?PrintDataId=16698bc7c3604c2_5DD5682&PtVer=201901



Shoulder Anterior Dislocation

Please retain this leaflet for future reference.

For further advice or information you can telephone your local Minor Injury Unit (MIU):

Chippenham Community Hospital

Rowden Hill

Chippenham

SN15 2AJ

Tel: 01249 456 403/4

Open: 07.00 to 23.00; seven days a week

Trowbridge Community Hospital

Adcroft Street

Trowbridge

BA14 8PH

Tel 01225 711 329

Open: 07.00 to 23.00; seven days a week

Smoking will not be permitted on any NHS site in England. Smoking will not be permitted within any of our buildings or anywhere outside on our sites. Smoking facilities will not be provided. Please be considerate of others when vaping in hospital grounds.

This information sheet is available to order in other languages and formats. If you would like a copy, please contact us on 01793 604031 or email gwh.pals@nhs.net.

Document Control

Division: Unscheduled Care

Department: Emergency Department

Approved Date: June 2019

Next Review Date: July 2022

Document Number: USC - PIL0079