

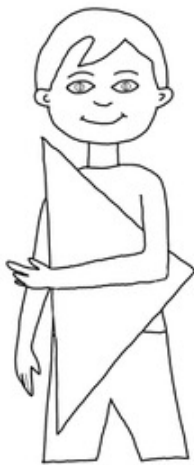
Broad arm slings

This is basic advice on how to look after the broad arm sling your child has been given. If you have any questions, please speak to the doctor or nurse looking after your child.

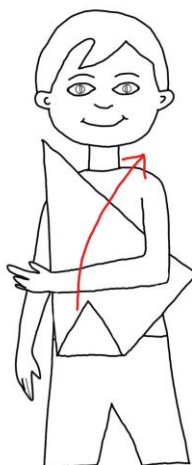
Why your child needs a broad arm sling

A broad arm sling is used to help support and protect injured shoulders, arms, wrists and hands.

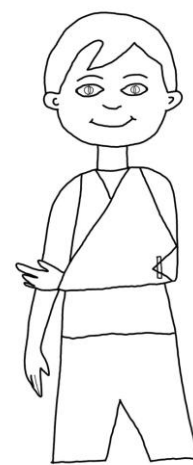
How to apply the sling



- 1 Place the injured arm across the body with the sling laid underneath. Position the point of the sling to the elbow.



- 2 Fold the bottom corner up over the opposite shoulder and tie the ends of the sling comfortably behind the neck.



- 3 Gather the loose material at the elbow and secure with a safety pin or tape.

How to care for your child's arm and sling

- Keep the sling clean and dry.
- Remove the sling at night as it is not safe to sleep in. The arm can be placed on a pillow overnight to keep it raised.
- When dressing, put clothes on the injured arm first, and take them out of clothes last.
- If there is any change in the colour of the arm, or numbness in your child's fingers, come back to the Emergency Department (A&E) to have it checked.

NHS 111

NHS 111 is a telephone service that offers support and advice 24 hours a day. Please call 111 if you have concerns about your child's health. A fully trained advisor will direct you to appropriate resources or services.

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A list of sources is available on request