

# What Sling?

A broad-arm sling, collar and cuff or shoulder immobiliser may be prescribed for patients suffering an injury to their arm or shoulder. Each of these act to support and splint the limb in a comfortable position close to the body to allow healing. The type of sling used varies depending on the type of injury.

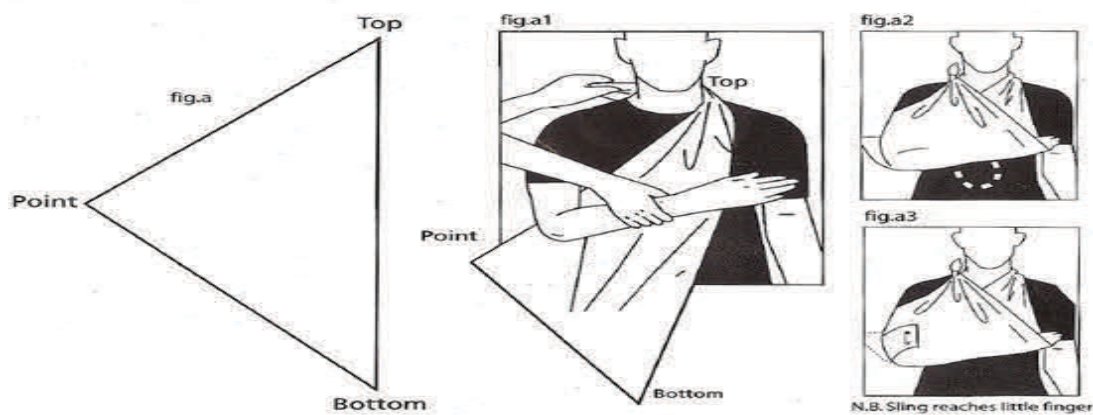
Sling choice for fracture management is determined by forces and displacement to the injured bone/joint.

## Broad Arm Sling (use for 3-10 days)

Used for elevation, comfort and protection of injured arms, wrists and hands, examples:

- Injuries/infections to the fingers, hand, wrist or distal forearm
- Support of above elbow POP splints/casts

Note: the hand should be slightly elevated above the level of the elbow.

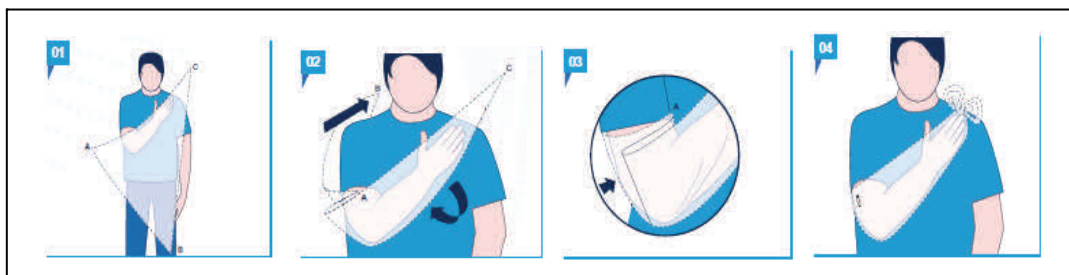


## High Arm Sling (use for 3-10 days)

Used for elevation, comfort and protection of injured/infections below the level of the elbow:

- Injuries/infections to the fingers, hand, wrist, or distal forearm
- Support of below elbow POP splints/casts

Note: the hand should be elevated high above the level of the elbow.

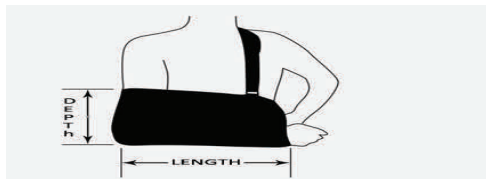


# What Sling?

## Shoulder Immobilizer (\$30 cost) or broad arm sling

Limits shoulder and arm movement for:

- Shoulder dislocation / separation / surgery
- AC subluxation
- Rotator cuff injuries



Shure Shoulder Immobilizer Sizing		
Size #	Size	Strap Length
X = 1	XS	Length 12.5" / Depth 7"
X = 2	S	Length 14" / Depth 8.5"
X = 3	M	Length 16" / Depth 8.75"
X = 4	L	Length 17" / Depth 9.5"
X = 5	XL	Length 20" / Depth 10"

## Actimove Sling (Durable) Or High Arm Sling Collar and Cuff

Examples:

- Fracture clavicle and humerus
- Supracondylar elbow fractures

## Double Loop Actimove Sling (Alternate Broad Arm Sling)

Examples:

- Fractures treated with long arm and wrist POP backslab
- Shoulder injuries

## Actimove® Sling

Your step by step guide



### Simple Actimove Sling

MEASURING REQUIRED LENGTH: Place patient's arm into required position. Measure from back of the neck to wrist and double length

- 1 Cut a measured length of Actimove Sling.
- 2 Place Actimove Sling around patient's neck, with the shorter length in front and on the injured side.
- 3 Attach the Y-tab to the longer end, by sandwiching the Actimove Sling material between the two shorter stubs.
- 4 Wrap Actimove Sling around injured wrist & secure at the front, with the desired level of elevation.

### Figure of 8 Actimove Sling

MEASURING REQUIRED LENGTH: Place patient's arm into required position. Measure from back of the neck to wrist and double length


- 1 Cut a measured length of Actimove Sling.
- 2 Make circle with sling using the two short ends of the Y-tab.
- 3 Turn circle inside out so that Y-tab is facing the inside of circle.
- 4 Place the Actimove Sling over the patient's head.
- 5 Attach remaining Y-tab end to Actimove Sling to create a small loop for wrist to be placed through.

### Double Loop Actimove Sling Also known as broad arm sling

MEASURING REQUIRED LENGTH: Form two loops (for patient's wrist and forearm) and then measure length from shoulder to tip of fingers

- 1 Cut a measured length of Actimove Sling.
- 2 Attach the 1st Y-tab at one end, by sandwiching the Actimove Sling material between the 2 shorter stubs.
- 3 Create a small loop by attaching the free end of the Y-tab.
- 4 Slip the loop over the patient's injured arm so that it sits just below the elbow.
- 5 Take the long Actimove Sling length under the arm & behind the patient's back.
- 6a Bring the Actimove Sling over the uninjured shoulder & slip behind the wrist.
- 6b Attach the second Y-tab & secure in front, at the desired elevation.

## Seeking help:

 In a medical emergency go to your nearest emergency department or call 000.



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