



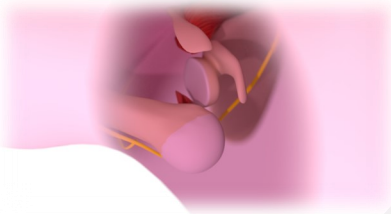
**Your Recovery
Begins Here !**

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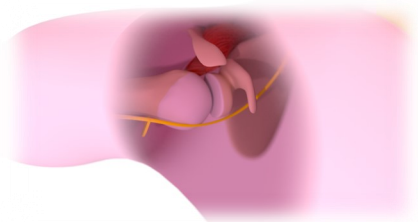
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Introduction

You have dislocated your shoulder (Picture A) and it has been put back in place (Picture B). You probably have a few questions, but don't worry, we have put together some information about these early stages to help you understand the steps to recovery.



Picture A



Picture B

Common Questions Part One

What has happened to me?

The upper arm bone has been forced out of its joint at the shoulder. It is now back in place and you will have had an x-ray to check if it is ok.

What can go wrong?

There are usually no major problems. Occasionally damage to the nerves, muscles or bone around the shoulder might be identified later on, leading to further investigations. If your clinician decides that these injuries do not need surgery then your clinical management will not be changed.

How do I stop this happening again?

In the early stages you should avoid holding your arm in a 'surrender' position or putting your hands behind your head. But sometimes it will happen again, whatever you do.



**Avoid the surrender position
during the first few weeks**

Common Questions Part Two

How long do I have to wear my sling?

The sling is to keep you comfortable in the early days. You should remove it from time to time as soon as it is comfortable. It is usually not used for more than two weeks. However unless there are other reasons such as a fracture of your arm bone you might have to wear the sling a little longer than usual. Your clinician will advise you about this.

Should I move my arm?

Yes. You should move your hand, wrist and elbow frequently to prevent stiffness. You should also practice moving your shoulder forwards and out to the side. If it is difficult to move you can use your other arm to support it.

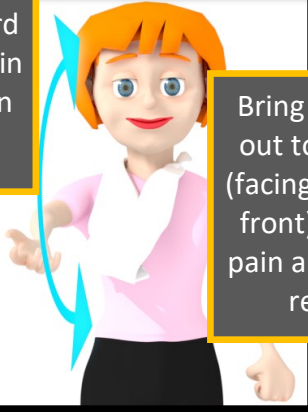
Bend your elbow towards your chest and straighten.



Move your wrist up and down, left and right.



Bring your arm forward as far as pain allows then return.



Bring your arm out to the side (facing slightly in front) as far as pain allows then return.



Move your hand, elbow and shoulder. If your affected arm is difficult to move you can use your other arm to support it

Common Questions Part Three

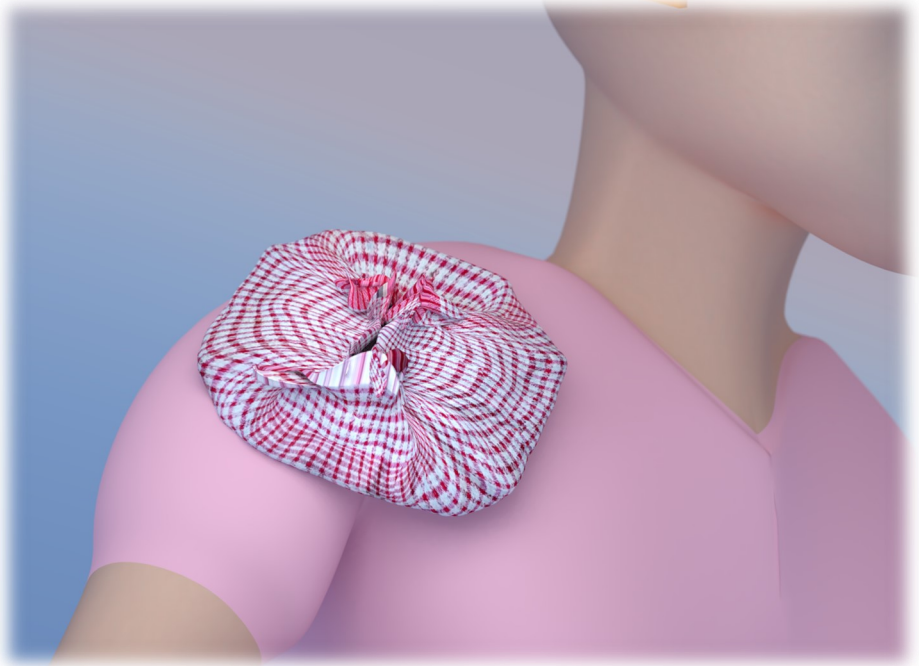
How do I control my pain?

You can use ice packs wrapped in a cloth around your shoulder, but no more than 20 minutes at a time and do not put ice directly on the skin. Common painkillers like paracetamol or ibuprofen may also help with pain. It's best to talk to your pharmacist to get advice on how much and how often.

Even if your shoulder is uncomfortable it is important to keep it moving. If you are having a lot of trouble with pain talk to your GP who may give you a prescription for stronger painkillers, but these are not usually needed.

When can I get back to doing my usual stuff?

You can get back to doing most activities as soon as you feel comfortable. If you need to do anything heavier like rugby or tennis then you should usually wait until after six weeks.



Ice can help control your pain

Last Question Answered!



What if something goes wrong?

**If you think your shoulder has come out of joint again or if you experience a sudden change in symptoms then you should get that checked out urgently by the emergency department.
If your shoulder is just not getting better then contact the clinic you attended when you first injured it or see your GP.**

Final Word

We have given you some top tips about your shoulder. To help with your recovery there are some shoulder exercises that your physiotherapist will show you at your first appointment. Doing these exercises will help with your recovery.