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

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

Seeking help:

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