

Broad Arm Sling



Information for people attending the Minor Injury Units and Urgent Treatment Centre.

Service provided by

Sirona
care & health

Broad arm sling

Following your visit, you have been given a broad arm sling to help you rest your injury.

Unless you have been told otherwise you should take this sling off when going to bed and when washing and dressing. Before taking it off to do these activities, note how it is fitted – this might help you when you put it back on.

When you wake up in the morning you should put your sling back on. But you should also take it off every three to four hours and move your shoulder, elbow, wrist and fingers to avoid them getting stiff.

You should wear your sling until you are comfortable without it.

If your hand is swollen as a result of your arm injury, you should not wear any rings until it is back to its normal size.

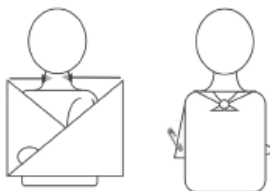
How to put on your broad arm sling on



Lay the sling across your chest as shown with the longest side vertically hanging. Place arm horizontally over your body as shown.



Raise the bottom corner up and over the injured arm and towards the opposite shoulder as shown.



Take the two ends behind the neck and tie in a bow.

Use a safety pin to secure the material at the elbow.

Wear the sling for as long as you have been advised. For your personal safety remove sling before bedtime unless directed otherwise by the clinician.

Call 111 if you urgently need medical help or advice but it's not a life-threatening situation. For less urgent health needs, contact your GP.

Minor Injury Units and Urgent Treatment Centres

Our minor injury and urgent treatment centres support the local community with urgent minor injuries and/or illnesses. They are led by our specialist emergency nurse practitioners, Physiotherapist practitioners and paramedic practitioners.

They are walk-in centres so you don't need an appointment or a referral – you can just arrive at the centre during opening hours. These centres are not appropriate for life-threatening injuries or serious illnesses.

South Bristol Urgent Treatment Centre

Minor injuries and illnesses

Open 8am-8pm, 7 days a week

South Bristol NHS Community Hospital Hengrove Promenade Hengrove,
Bristol BS14 0DE

T: 0117 342 9692

Yate Minor Injury Unit

Minor injuries only

Open 8am-8pm, 7 days a week

Yate West Gate Centre 21 West Walk, Yate BS37 4AX

T: 0300 125 6800

Clevedon Minor Injury Unit

Minor injuries only

Open 8am-8pm, 7 days a week

North Somerset Community Hospital Old Street, Clevedon BS21 6BS

T: 01275 546852

We want you and the people who help you to understand what we send. If you need help with this letter or leaflet, please tell us.

We can help with larger print, audio (a message to listen to), Easy read, British Sign Language or this information in another language.



Please scan the QR code to listen to an audio version of this statement.

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