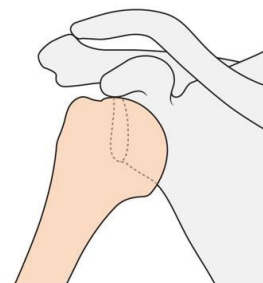




### What is my diagnosis?

You have dislocated your shoulder joint. This means the ball and socket joint was out of place.

The joint may have been put back into place in the Emergency Department



### What happens next?

- You should have been provided with a sling to provide some comfort
- **You do not need to wear the sling and it can be removed after a week**
- You will receive a telephone consultation or shoulder clinic review in the next **two weeks**
- Please make ensure the Emergency Department/Minor Injury Unit reception staff have your mobile and home phone numbers.

### Managing at home

- A shoulder dislocation is sore and you may need painkillers
- The sling is to provide comfort, but you do not need to keep the shoulder completely still
- The sling can be removed when you are dressing, washing, or sitting down
- Sleep with extra pillows to support your shoulder
- Sleeping with your injured shoulder inside a t-shirt limits movement and pain in bed
- You should take the sling off every day to fully bend and straighten your elbow
- Once the pain lessens begin to perform arm pendulums (see overleaf) then progress to the other exercises.

### What can I expect during my recovery?

- The pain begins to settle around two weeks after injury
- A full range of movement is regained around **2 to 4 weeks** after injury.
- Some, but not all, patients need physiotherapy
- Sometimes a surgery is considered to stabilise the shoulder
- There is **no specific time you can drive again**. It is **illegal** to drive when wearing a sling, splint, cast, or moonboot. As you recover, it is your legal responsibility to be certain before you return to driving that you are able to control your vehicle normally and safely.

# Patient Information Sheet – 10A

## Shoulder Dislocation

### *What do I need to know?*

#### Key exercises (three times a day)

Once the pain has improved all movements are allowed. You cannot delay healing or harm yourself by doing gentle movements of the shoulder.

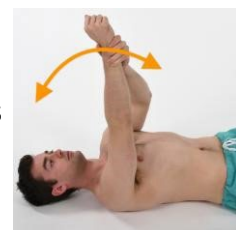
#### Arm pendulums (immediately)

Remove the sling and gently swing your arm back and forth like the pendulum of a grandfather clock. Add side to side movements and eventually move the hand in a circle.



#### Assisted arm raises (after a few days)

Lying flat, hold the wrist of the injured side with your good hand. Raise your arms together until you feel discomfort then come back down. Repeat 10 times and raise it further as your pain improves.



#### Arm rotation (after 2 weeks)

Lying flat, hold a walking stick (golf club, broom, etc) between both hands. Keep the elbow of the injured shoulder tucked in by your side (red arrow) then use the good arm to push the stick and rotate the injured side until you feel a slight stretch. Repeat 10 times.



### Get in touch

Please get in touch via our trauma email if you have queries about your injury:

[traumaenquiriesRIE@nhslothian.scot.nhs.uk](mailto:traumaenquiriesRIE@nhslothian.scot.nhs.uk)

Helpline Monday-Friday (8am – 4pm): 0131 242 3410

### Urgent issues

Please call the department where you were initially seen about your injury:

- **RIE Minor Injuries Unit:** 0131 242 3942 (8am- midnight, if after midnight contact RIE Emergency Department 0131 242 1300)
- **WGH Minor Injuries Clinic:** 0131 536 3468 (9am-8:30pm)
- **SJH Emergency Department:** 01506 523 011 (24 hours)