



Information for patients, relatives and carers

Shoulder Restraint Following Dislocation

A dislocated shoulder happens when your upper arm pops out of your shoulder socket. The shoulder is one of the easiest joints to dislocate because the ball joint of your upper arm sits in a very shallow socket. It makes the arm extremely mobile and able to move in many directions, but also means it is not very stable.

Dislocation of the shoulder inevitably results in significant injury to the soft tissue and muscles around the shoulder joint. These soft tissues are essential for stability of the joint. It is therefore very important that they are allowed to rest sufficiently for healing to occur; otherwise excessive movement of the joint during the early healing phase may increase the risk of repeat dislocations in the future.

A dislocated shoulder takes between 12 and 16 weeks to heal after the shoulder has been put back into place.

You may have been provided with a polysling to hold the joint in the correct position. This should be worn continually under clothes (at least a t-shirt) to limit movement. The polysling should be worn throughout the day and during sleep at night, until you are reviewed in the Fracture Clinic or Orthopaedic Outpatients department.

The polysling may be removed briefly to allow you to wash. However, care should be taken not to raise your hand above the shoulder or to place it behind your head or back.

Your shoulder may be very painful during the first few days at home and you may need to take painkillers, such as paracetamol or ibuprofen. Always follow the dosage instructions on the packet.

① If you have further concerns about your condition, please contact your GP. If you are not sure what to do, call 111 or get help from 111 online: <https://111.nhs.uk/> [When to use NHS 111 - NHS \(www.nhs.uk\)](https://www.nhs.uk)

Patient Advice and Liaison Service (PALS)

We can listen to feedback (positive or negative), answer questions and help resolve any concerns about Trust services.

PALS can be contacted on 01904 726262, or email pals@york.nhs.uk

An answer phone is available out of hours.

Leaflets in alternative languages or formats

If you require this information in a different language or format, for example Braille, large print, Easy Read or audio, please ask the staff who are looking after you.

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