

Virtual Fracture Clinic

Primary shoulder dislocation

Information for patients, relatives and carers

Introduction

The Virtual Fracture Clinic (VFC) helps you recover from your injury without needing to come back to the hospital. This is called self-management.

Use the rehabilitation plan in this leaflet to guide your recovery.

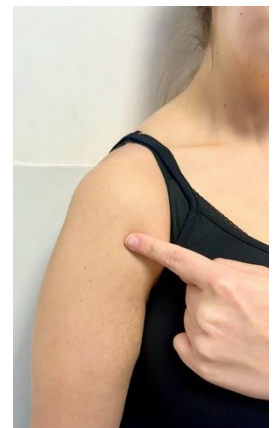
Video about your injury and recovery

Watch this video to help your recovery. A doctor explains your injury and a physiotherapist shows how to do the exercises:

www.fracturecare.co.uk/care-plans/shoulder/shoulder-dislocation/

What is a shoulder dislocation?

This is when your shoulder comes out of joint (dislocated). The location is shown in this picture.



What symptoms can I expect?

After a dislocation there is increased risk of dislocating the shoulder again. This depends on your age and other factors.

If your shoulder dislocates again, A&E will refer you to our team for a specialist review.

Pain and swelling

Your shoulder may be swollen and painful. Swelling is often worse at the end of the day.

You can help reduce pain and swelling by:

- taking pain medication
- using ice or cold packs

How long will it take to heal?

It takes about 6 weeks for the soft tissues to settle.

Wearing your sling.

Use your sling for 1 week only, including in bed at night.

You can take it off to wash, dress and do your exercises.



Exercises

It is important to start exercises as soon as possible to avoid stiffness. Good rehabilitation will improve your recovery.

You can expect some discomfort at first. Do not continue if the pain gets worse and you cannot tolerate it. Follow the instructions on the next pages.

Do not lift the arm over shoulder height for 3 weeks or do heavy lifting for 6 weeks.

Follow up

We will assess patients in our fracture clinic. Sometimes we will scan your shoulder again (MRI or ultrasound). We may then refer you to physiotherapy to help with your rehabilitation.

Caring for your injury: weeks 1 to 3

Wear your sling for the first week only, including in bed at night. You may find it more comfortable to sleep propped up on pillows. Remove the sling for washing, dressing and exercises.

Using a cold pack will help with your pain and swelling.

- use an ice pack or bag of frozen peas wrapped in a damp towel
- put this on your shoulder for up to 15 minutes every few hours
- make sure the ice is not in direct contact with your skin

Try to rest your arm, especially in the first 24 to 72 hours. Remember to avoid overhead activity and heavy lifting.

Exercises:

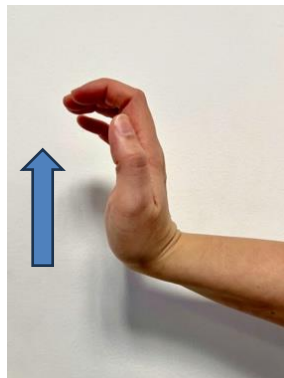
Start these exercises straight away. Hand, wrist and elbow exercises are only needed while you are wearing a sling.

You can stop these once they become easy, and you have full movement. Try to do these exercises 4 to 5 times a day. Repeat each exercise 10 times.

Hand, wrist and elbow exercises:



Open and close your hand.



Next, move your wrist up and down.
Repeat 10 times.

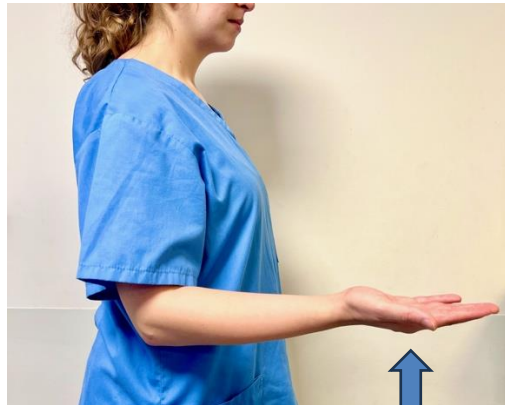
After a few days, hold a soft ball or rolled up socks.

Squeeze the ball and hold for 5 seconds.
Repeat 5 times.



Bend and straighten your elbow.

Repeat 10 times.



Bend your elbow to a right angle.

Slowly turn your palm up to the ceiling and down to the ground.

Repeat 10 times.

Shoulder pendulum:



Stand next to a firm surface, and bow forwards keeping your back straight.

Support yourself with your uninjured arm and lean forwards.

Let your injured arm relax and hang down to the ground.

Gently swing your arm, making a small movement.

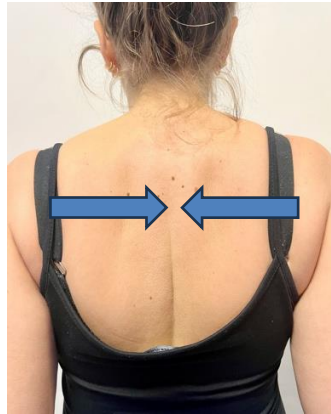
Try to do this forward and backward, side to side and in small circles.

Aim to do this for 1 to 2 minutes in total.

You do not need to push into pain.

Remember to keep your arm relaxed.

Posture:



Feel yourself grow from your upper chest and your shoulder blades relax gently behind your back. Draw gently together and hold for 5 seconds.

Repeat 5 times

Caring for your injury: weeks 3 to 6

Exercises: Start these exercises 3 weeks after your injury. Try to do them 4 to 5 times a day. Repeat each exercise 10 times.



Active assisted flexion:

Use your other hand to lift your injured arm up in front of you, as shown in these pictures.



Active assisted external rotation

Keep the elbow of your injured arm tucked into your side and your elbow bent.

Hold onto a stick, umbrella or something similar.

Use your good arm to push your injured hand outwards. Remember to keep your elbow tucked in.

If you do not have a stick, hold your injured arm at the wrist, guide it outwards with your good hand.

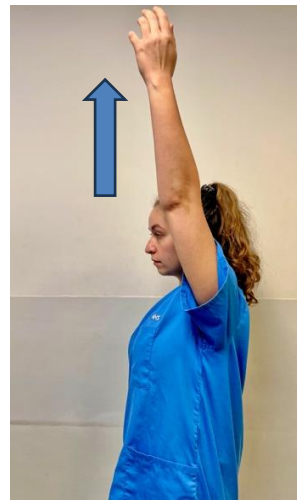
Caring for your injury: weeks 6 to 12

You can now return to light activities. Gradually increase your day-to-day activity and be guided by any pain or discomfort you experience. Some heavier tasks may still be uncomfortable.

Exercises:

Start these exercises 6 weeks after your injury. Try to do these exercises 4 to 5 times a day. Repeat each exercise 10 times.

Active flexion



Lift your arm forwards in front of you.

Try to raise the arm as high as you can.

You do not need to push into pain.

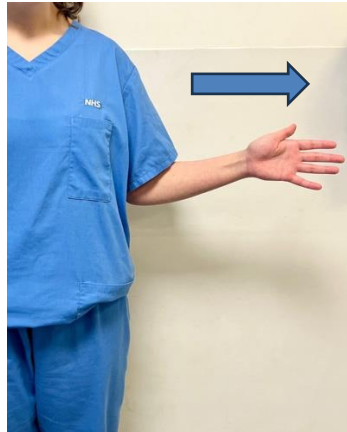
If this is too difficult, try the same movement with a bent elbow.

Active abduction



With your palm facing forwards, **move your arm out to the side in a big arc.** Try to raise the arm as high as you can. If this is too difficult, try it with a bent elbow.

Active external rotation



Start with your elbow bent by your side.

Move your forearm out to the side, keeping your elbow bent and near your waist.

Frequently asked questions

I'm concerned about my symptoms and struggling to return to exercise. What do I do?

Please contact the VFC

I am struggling with my sling. What do I do?

Contact the VFC. We can give advice or change your sling if needed.

How can I get a 'fit note' for work?

Ask your GP for a 'fitness for work' statement. You can give this to your employer.

When can I drive again?

You can return to driving when: you are no longer using your boot; you can walk comfortably, and you can perform an emergency stop pain free

Always test how well you can drive in a safe place first.

What do I do with my sling when I no longer need it?

We are unable to reuse the sling – you do not need to return it to us.

Contact the VFC

We're here to help if you've got concerns about your injury, symptoms or exercises.

Call us on 077 7455 5354 (Monday to Friday between 09.00 and 17.00).

Or you can **email** imperial.vfc@nhs.net.

So, please contact us if you have any concerns about your injury or symptoms, or:

- cannot follow this rehabilitation plan
- are expecting an appointment letter and have not received it
- need help with your boot, brace or sling

How do I make a comment about my visit?

We aim to provide the best possible service. Staff will be happy to answer your questions. So, if you have **suggestions** or **comments** about your visit, please talk to a member of staff. Or you can contact the patient advice and liaison service (**PALS**). Call **020 3312 7777** (10.00 – 16.00, Monday to Friday) or email PALS at imperial.pals@nhs.net The PALS team will listen to your concerns and is often able to help solve problems on your behalf.

Or, to complain, contact our complaints department: Call **020 3312 1337 / 1349** or email: ICHC-tr.Complaints@nhs.net **Or write to:** Complaints department, fourth floor, Salton House, St Mary's Hospital, Praed Street, London W2 1NY

Alternative formats

This leaflet can be provided on request in large print or easy read, as a sound recording, in Braille or in alternative languages. Please email the communications team: imperial.communications@nhs.net

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