

Minor Injuries Unit

Acute Shoulder Dislocation



The shoulder is a mobile ball and socket joint. A dislocation occurs when the ball is dislocated from the socket.

Dislocations can occur following an injury or can be a recurrent problem.

Your shoulder will have been relocated in the Emergency Department. This leaflet gives guidance on what you should do next in order to manage your symptoms.

- Take over the counter pain relief medication. (Always read the label.)
- Wear the sling provided for up to 1 week, weaning yourself off as you feel comfortable. Evidence suggests longer use of the sling could delay your recovery.
- You will be referred to a physiotherapist who will guide your rehabilitation. Depending on your age and whether a dislocation has occurred previously you may also be referred to the orthopaedic department.

- Move your shoulder as you feel comfortable. Zone C (with your arm over head and/or rotated outwards) is the most vulnerable position for your shoulder in the early stages.



- Begin the simple exercises provided as you feel able.
- Try to maintain some gentle exercise such as walking.
- **Begin these exercises as your pain allows and repeat as often as you feel able.**

Exercises:

Exercise 1



Flex and extend your elbow keeping your arm by your side.

Exercise 2



Make a fist.

Exercise 3



With your arm by your side on a pillow / or whilst in the sling. Squeeze your shoulder blades together feeling the muscles in the middle of your back contract.

Exercise 4



Lean forward allowing your shoulder to relax. Gently move your arm forwards and backwards.

Useful Information and Contacts



NHS Forth Valley website has lots of useful information and contacts:
www.nhsforthvalley.com/health-services/know-who-to-turn-to-when-you-are-ill

GP contact details can be found at www.nhsforthvalley.com/health-services/local-service-finder/ or by calling NHS 24 on 111.

NHS Inform provides health information and details of services and support in your area. Call free on 0800 224488 or visit www.nhsinform.co.uk



For people with mental health or psychological problems and in crisis, support is available by phoning NHS 24 on 111, Samaritans on 116 123 or Breathing Space on 0800 83 85 87.

NHS 24

Call the free national

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Smoking is not permitted anywhere on our hospital grounds!

It is now an offence to smoke **within 15 metres** of a hospital building. This can result in a fixed penalty notice of £50 or a fine of up to £1,000.

If you can't go let us know!

Every month around 2,000 people across Forth Valley fail to turn up for hospital appointments. This costs the NHS millions of pounds each year and increases waiting times. So, if you are unable to attend or no longer require your hospital appointment, **please let us know** so we can offer it to someone else.