

Wearing your Bradford Sling

Information for patients

How to wear your Bradford Sling:

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What are Bradford Slings?

A Bradford Sling supports the forearm and hand in a raised position. This helps to reduce swelling and pain, promoting healing.

How to wear your Bradford Sling:



- 1) Ensure your sling is securely tied to your drip stand
- 2) Place your arm into the sling, making sure your hand, wrist and forearm are supported
- 3) Your sling should be fitted so that:
 - a. Your hand is higher than your elbow
 - b. Your elbow is higher than your mid-chest.

If you feel the position is not correct, please ask one of the nurses to adjust it.

Make sure that:

- Your fingers and shoulder feel relaxed and comfortable
- The sling feels stable
- You take your arm out of the sling to walk around, but keep your hand on the opposite shoulder
- Keep moving your fingers if they are not bandaged or splinted.

When to wear your sling?

Keep your arm in the sling as much as possible, even at night.

Tell staff immediately if:

- The sling feels tight or painful
- You feel numbness, or pins and needles in your hand or arm
- Your fingers become very swollen, cold, pale, or blue
- The drip stand feels unstable
- You need help adjusting your sling or drip stand.

Need help?

Please ask a member of staff for assistance or press the orange call button for help.