

### Further sources of information

NHS Choices: [www.nhs.uk/conditions](http://www.nhs.uk/conditions)

Our website: [www.sfh-tr.nhs.uk](http://www.sfh-tr.nhs.uk)

### Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

**King's Mill Hospital:** 01623 672222

**Newark Hospital:** 01636 685692

**Email:** [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net)

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net).

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you. External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them.

If you require a full list of references (if relevant) for this leaflet, please email [sfh-tr.patientinformation@nhs.net](mailto:sfh-tr.patientinformation@nhs.net) or telephone 01623 622515, extension 6927.

To be completed by the Communications office  
Leaflet code: PIL202202-02-FSB  
Created: May 2020/ Revised: February 2022/  
Review Date: February 2024

## INFORMATION FOR PATIENTS

---

## Therapy Services

---

# How to fit a shoulder brace

If you are viewing this leaflet online, please click on the following link to watch information videos. If you have a paper copy, please copy the link into your browser:

[https://www.youtube.com/watch?v=2A\\_V6mVQyKc](https://www.youtube.com/watch?v=2A_V6mVQyKc)

- Place the brace over the shoulder – the middle bar should line up with the head of the humerus (top of the arm) and with the elbow joint, as shown by the black line in the image below.



- The shoulder strap goes around your back and is secured using the clip buckle at the front .
- The padded sleeve goes underneath the opposite arm (axilla) for comfort.
- Pull the arm wrap around the affected limb.

### To apply the velcro compression straps:

- Place one of the velcro buckles on the sleeve of the brace
- Feed the Velcro strap through the plastic buckle, lightly securing with velcro fastening
- Take under the arm and through the opposing plastic buckle.
- Pull both sides of the strap at the same time applying equal amounts of pressure - this ensures no unwanted rotation is put on the fracture.
- Place the 2<sup>nd</sup> velcro buckle and repeat the above steps.
- Finish the application by applying the collar and cuff supporting the wrist.
- As per the manufacturers guidance, this brace can be left on for showering.

This brace is intended for single patient use only. If you have any concerns please contact the person who provided and fitted your brace.