

穿戴肩吊带

Wearing a Shoulder Sling

A shoulder sling is used to support your arm after injury or surgery. It may also be used to limit movement or to raise the arm to reduce pain and swelling.

肩吊带用于受伤后或术后支撑手臂。也可用于限制活动，或将手臂抬高以减少疼痛和肿胀。

When to wear the sling

- All the time until your follow up appointment.
- As you need for comfort.
- During the day.
- At night while you sleep.
- Remove your sling each day to wash your arm or to do your exercises.

何时穿戴肩吊带

- 始终穿戴，直到您的下次随访预约。
- 当您需要保持舒适时。
- 白天。
- 夜晚睡觉时。
- 每天取下吊带，清洗手臂并做一些练习。

Putting on the sling

Your sling will have:

- A strap that fits over your shoulder and back
- A pouch or pocket to hold your elbow and lower arm

穿上肩吊带

肩吊带包括：

- 绕过肩膀和背部的系带
- 放手肘和小臂的袋子或口袋

How to put on the sling:

1. Start by sliding the closed end of the sling over your hand on the injured side.
2. Fit the sling on your arm, so your elbow is back in the pocket as far as it can go.

如何穿戴吊带：

1. 先将吊带的封闭端套住受伤的手。
2. 将吊带装上手臂，让手肘尽量在口袋最里面。



3. The long strap of the sling should go from the back of your injured arm, across your back to your other shoulder and down your chest.



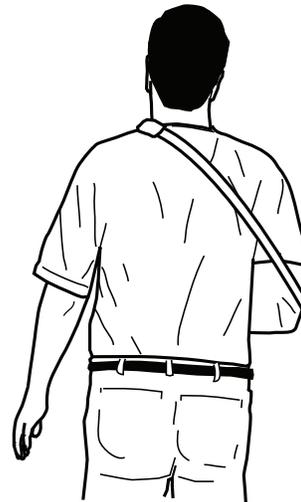
or

If you are not able to work the strap around, you may attach the strap to the fastener and then lift the strap over your head to the opposite shoulder.

4. Attach the long strap to the fastener on the sling near your wrist.
5. Adjust the length of the strap, so your hand is always at or above the level of your elbow.
6. Move the pad on the shoulder strap near your neck, so it feels comfortable.

Taking off the sling

1. Loosen the fastener and take the strap out.
2. Gently remove the sling from the injured arm.



3. 吊带的长系带应从受伤手臂的后侧，经过后背绕到另一侧肩膀，然后往下直到胸前。

或

如果无法绕上系带，您可以将系带固定在扣子上，然后将带子拉过头部，到另一侧肩部。

4. 将长系带固定到手腕旁的吊带扣上。
5. 调整系带长度，让手始终位于或高于手肘高度。
6. 移动肩带垫子到颈部附近，这样更舒适。

取下吊带

1. 松开扣子，取出系带。
2. 从受伤的手臂轻松取下吊带。

Care while wearing the sling

Unless you have been instructed otherwise, follow these general care guidelines:

- Adjust the strap on the sling, so your hand is slightly higher than your elbow. This helps reduce swelling.
- Be sure your elbow is back in the pocket of the sling as far as possible.
- Smooth the sling, so there are no wrinkles along your arm that may cause sore spots.
- Remove the sling each day to wash your arm and shoulder. Use a damp washcloth to wash your armpit and skin. Dry well with a towel. Limit movement of your injured arm.
- Ask about exercises for your fingers, wrist and elbow.
- Your sling can be hand washed and air dried. You may need to purchase another sling to wear while one is being cleaned.

Talk to your doctor, nurse, or therapist if you have any questions or concerns.

穿吊带时的护理

除非另有指示，遵守以下一般护理指南：

- 调整吊带的系带，让手稍微高于肘部。这样有助于减轻肿胀。
- 尽量确保肘部在吊带口袋最里面。
- 整理吊带，手臂上不要有褶皱，以免不适。
- 每天取下吊带，清洗手臂和肩膀。用湿布清洗腋窝和皮肤。用毛巾擦干。限制受伤手臂的活动。
- 询问关于手指、手腕和肘部的练习。
- 吊带可以手洗和风干。您可能需要再买一条，以方便换洗。

如果有任何疑问或担心，请咨询医生、护士或理疗师。