

Physiotherapist's Name: \_\_\_\_\_

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## Information for Patients

### Collar 'N' Cuff

#### Introduction

You have recently been given a collar 'n' cuff sling for your own use. The following information will remind you how to use and care for your collar 'n' cuff sling. If you have any questions or concerns, contact your local department:

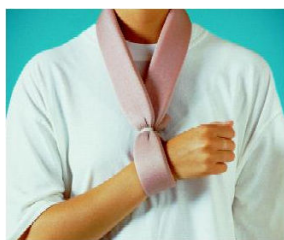
Airedale General Hospital	01535 293656
Bingley Canalside	01274 221043
Ilkley Coronation Hospital	01943 885150
Skipton General Hospital	01756 701726
Settle Health Centre	01729 822205

#### Aims

Collar 'n' cuff can be used in the treatment of shoulder injuries. It can be used to support your forearm and elbow. Your physiotherapist will advise you on the specific aims of your treatment.

#### Applying your Collar 'N' Cuff

Your physiotherapist will have measured and fitted your collar 'n' cuff for your condition.



##### 1. Traditional Sling

- Place your hand through the small opening
- Place your head through the large opening
- The sling should support your wrist



##### 2. Wrist Support Sling

- Place your fingers through both small openings
- Your wrist should only be placed through one small opening
- Place your head through the large opening
- The sling should support your wrist and hand



##### 3. Balanced Arm Support Sling

- Place your hand and forearm through one small opening
- Place the sling around your back and over the opposite shoulder to the arm being supported bringing the loose end down to your chest
- Place your hand through the second small opening
- The sling should support the forearm and wrist

## Wearing your Collar 'N' Cuff

Your physiotherapist will advise you when to wear your collar 'n' cuff. You should wear your collar 'n' cuff to help support your arm and shoulder when doing activities which could cause your arm to be knocked or overused.

Do not wear your collar 'n' cuff all the time as this can weaken your muscles

## Cleaning your Collar 'N' Cuff

- Hand wash the collar 'n' cuff in warm soapy water
- Dry the collar 'n' cuff thoroughly before wearing
- Do not dry your collar 'n' cuff on a radiator, in direct sunlight or in a tumble dryer

## General Safety

- Only wear the collar 'n' cuff as instructed by your physiotherapist.
- Do not let anybody else use your collar 'n' cuff.
- Remove your collar 'n' cuff before you go to bed each night.
- Regularly clean your collar 'n' cuff as directed above.
- Do not wear nail varnish, rings or other jewellery until the injury is healed.
- Remove the collar 'n' cuff to wash the area regularly.
- Exercise the limb regularly to maintain good circulation.

## Check for:

- Blue or white colour change of your hand or fingers
- Numbness or 'pins and needles' of your hand or fingers
- Any signs of wear or damage to the collar 'n' cuff
- Breaks in the skin or blisters caused by the collar 'n' cuff
- Redness, soreness or swelling of the skin around the collar 'n' cuff
- Increased pain whilst wearing the collar 'n' cuff

If you notice any changes remove the collar 'n' cuff and report it to your physiotherapist so that the appropriate action can be taken.

## Additional Information: