

# Xirashada Hayaha Garabka

## 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.

Hayaha garabka waxaa loo isticmaalaa in lagu taageero ggarabkaaga dhaawaca kadib ama qaliinka. Waxaa sidoo kale loo isticmaali karaa in lagu xadeeyo dhaqdhaqaaqa ama kor loogu qaado garabka si loo yareeyo xanuunka iyo bararka.

### 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.

### Goorta la xirto hayaha garabka

- Waqtiga oo dhan illaa balantaada dabagalka.
- Sida aad ugu baahantahay raaxo.
- Inta lagu jiro maalinta.
- Habeenkii adiga oo jiifo.
- Ka saar hayahaaga garabka maalin walba si aad u dhaqidid garabkaaga si aad u sameysid jimicsigaaga.

### 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

### Gelinta hayaha garabka

#### Hayahaaga garabka wuxuu lahaanayaa:

- Suunka ee la eg dusha garabkaaga iyo gadaasha
- Boorso ama jeeb oo haynayo xusulka iyo garabka hoose

## 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.
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.



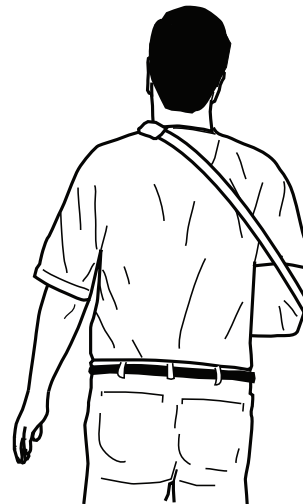
## Sida loo geliyo hayaha garabka:

1. Ku bilow adiga ka sareysiinayo dhammaadka xiran ee hayaha garabka ee dusha gacantaada ee dhinaca dhaawacan.
2. La ekeysii garabkaaga, si markaas xusulkaaga gadaal ugu jiro jeebka haddiiba aad socon kartid.
3. Suunka dheer ee hayaha garabka waa inuu maraa gadaasha garabkaaga dhaawacan, ee guud ahaan gadaashaada illaa garabkaaga kale iyo hoosta xabadkaaga.

### ama

Haddii aysan kuu suurtoqaleyntin inaad ka shaqeysid suunka ku haraareysan, waxaad ku lifaaqi kartaa suunka dhuujiyaha iyo kadib ka qaad suunka dusha madaxaaga ee garabka kale.

4. Ku lifaaq suunka dheer dhuujiyaha ee hayaha garabka ee u dhow curcurkaaga.
5. Sax dhirirka suunka, si markaas gacantaada ay marwalba ula egtahay ama uga sareyso heerka xusulkaaga.
6. Dhaqaaji suufka hayaha garabka ah ee u dhow qoortaada, marka waxay dareentaa raaxo.



## Taking off the sling

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

## 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.**

## Iska furida hayaha garabka

1. Dabci dhuujiyaha oo ka saar suunka.
2. Si tartiib ah uga saar hayaha garabka dhaawacan.

## Daryeel adiga oo xiran hayaha garabka

Illaa haddii kale lagaaga tilmaamo, raac tilmaamahaan daryeelka guud:

- Ku sax hayaha garabka suunka, si markaas gacantaada ay wax yar ka sareyso xusulka. Tani waxay ku caawin kartaa yareynta bararka.
- Iska hubi in xusulkaaga gadaal ugu jiro jeebka hayaha sida dheer ee suurtoogalka ah.
- Sin hayaha garabka, si markaas aysan u jirin wax isku laabka ee garabkaaga ee laga yaabo inay xanuun ku sababto meelaha.
- Ka saar hayaha garabka maalin walba si aad u dhaqidid garabkaaga iyo gacantaada. Isticmaal maro qoyan si aad ugu dhaqidid kilkishaada iyo maqaarka. Si wanaagsan ugu qalaji shukumaan. Xadey dhaqdhaqaaqa garabkaaga dhaawacan.
- Weydii wax ku saabsan jimicsiyada farahaaga, curcurkaaga iyo xusulka.
- Hayahaaga garabka gacan ayaa lagu dhaqi karaa oo hawada lagu qalin karaa. Waxaad u baahan kartaa inaad iibsatid hayaha garabka ee kale si aad u xiritid iyada oo mid la nadiifinayo.

**La hadal dhaqtarkaaga, kalkaalisada ama daaweeyaha haddii aad qabtid wax su'aalo ah ama walaacyo.**

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