

穿戴肩吊帶

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.

手臂受傷或手術後，使用肩吊帶做支撐。肩吊帶也可用來限制活動，或將手臂抬高以減輕疼痛與腫脹。

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.

穿戴肩吊帶的時機

- 在下次隨訪預約以前都要隨時穿戴。
- 需要舒服放鬆時。
- 白天。
- 夜晚睡覺時。
- 每天拆下肩吊帶，清洗手臂或做練習。

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

穿上肩吊帶

肩吊帶包括：

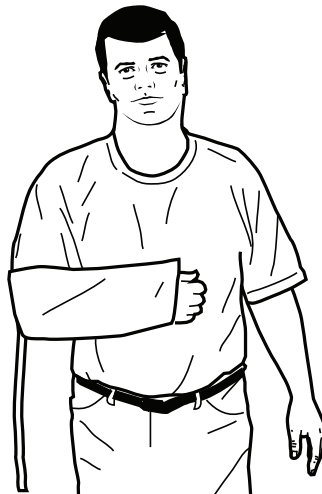
- 繞過肩膀與背部的帶子
- 固定手肘與小臂的袋子或口袋

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.

穿戴方式：

1. 先將肩吊帶封閉的一端套住受傷側的手。
2. 將肩吊帶戴在手臂上，讓手肘盡可能放在口袋的最裡面。



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.



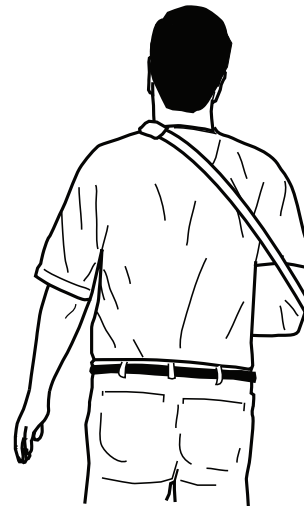
or

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. 肩吊帶的長帶子從受傷手臂的背後，經過後背繞到另一側肩膀，然後往下到胸前。

或者

如果無法繞上長帶，可以將帶子固定在鉤扣（扣件）上，再將帶子往上拉過頭部到另一側肩膀。

4. 將長帶固定在靠近手腕的肩吊帶鉤扣上。
5. 調整帶子長度，讓手的高度始終與手肘高度平行或更高。
6. 移動肩帶上的襯墊到脖子附近，以感到舒適為原則。

拆下肩吊帶

1. 鬆開鉤扣，將帶子取下。
2. 輕輕將肩吊帶從受傷的手臂拆下。

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.

穿戴肩吊帶時的護理

除非您得到其他指示，請遵照如下的一般護理指導準則：

- 調整肩吊帶上的帶子，讓手略高於手肘。如此有助減輕腫脹。
- 確認手肘放置在肩吊帶的口袋最裡面。
- 整理肩吊帶使其平整不起皺，以免造成手臂酸痛。
- 每天拆下肩吊帶，清洗手臂和肩膀。使用溼毛巾清洗腋窩和皮膚。用毛巾擦乾。限制受傷手臂的活動。
- 詢問有關手指、手腕與手肘的練習。
- 肩吊帶可以手洗後風乾。可能需要購買兩條肩吊帶，以供換洗。

若您有任何疑問或擔憂，請諮詢您的醫生、護士或治療師。