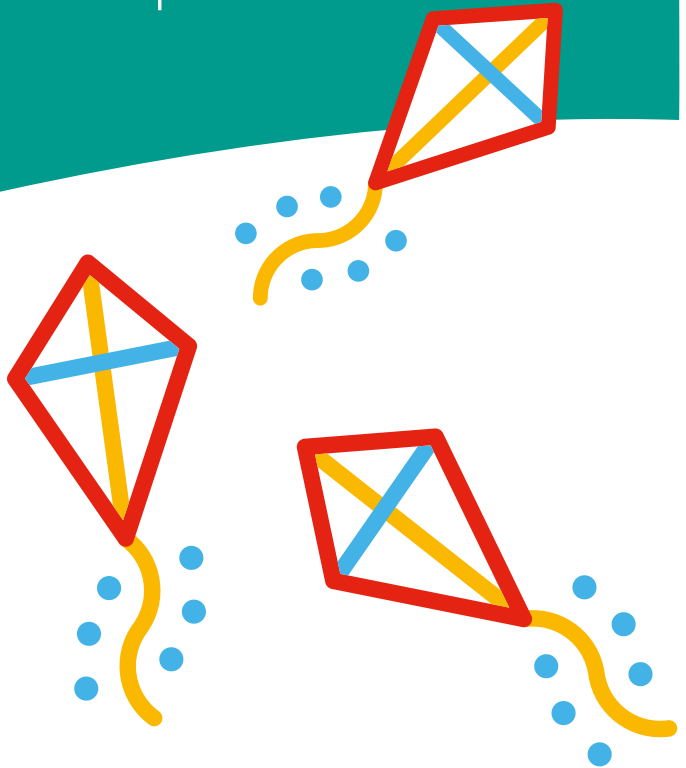


Shoulder dislocation

Information for parents



Dear Parent / Guardian

Your child has sustained a shoulder dislocation.

A shoulder dislocation occurs when the arm bone (humerus) comes out of the socket in the shoulder. This can come out all the way, or some of the way and may go back in on its own.



During your attendance to the Emergency department, your child's shoulder has been reduced (put back in place) and has been held in a comfortable position in a collar and cuff or sling. Your child may have experienced some pain since the injury and may have required simple painkillers such as Paracetamol (Calpol) or Ibuprofen.

Your doctor has confirmed today your child's x-rays have shown no fractures.

After a dislocation, you are advised to wear a sling for 2 - 4 weeks to let the injury settle.

Your child can go back to school as soon as they feel comfortable and are happy to do so. After this time, you should start simple exercises as the doctor showed you. They may cause some mild discomfort but not be painful, or make your shoulder feel unstable.

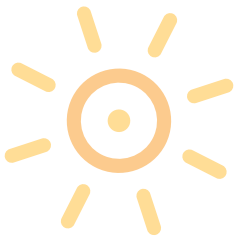
Today, the doctor has referred your child to Physiotherapy.

You should expect an appointment in the next few weeks. The physiotherapist will help your child to regain full movement and strength. Your child should avoid non-contact sports for at least 8 weeks. Overhead and contact sports should be avoided for at least 4 months. The physiotherapist will guide your child when it's time to go back to their sporting activities.

No further routine appointment will be arranged after today's consultation and your child will be discharged back to the care of your family doctor.

When to seek help

You should contact us (see below) if your child develops severe pain and / or struggles with Physiotherapy. Another appointment to see a member of our team will be arranged.



Useful contact numbers

If you have any questions or concerns, please contact:

Children's Orthopaedics Nurse Specialist Team:
(Monday - Friday, 8.00 am - 5.00 pm)

Tel. **0113 3928570**

Children's Physiotherapy
(Monday - Friday, 9.00 am - 5.00 pm)

Tel. **0113 3926610**



What did you think of your care?

Scan the QR code or visit bit.ly/nhsleedsfft

Your views matter



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