

An Immediate, Temporary Arm Sling

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One thing a trainer never seems to have enough of, is pockets for supplies. This suggestion provides upper extremity support without the use of a triangular bandage or cravat.

Following the initial evaluation of an upper extremity injury, the question is rarely whether to support or not support. More commonly the question is, "what is available," or "how soon can I support this injured extremity." The player's loose fitting T-shirt provides an immediate answer.

It is not an uncommon practice to have an athlete support an injured extremity with the uninjured arm until a standard sling is available. It is the purpose of this suggestion to offer an alternative to this method.

Procedure

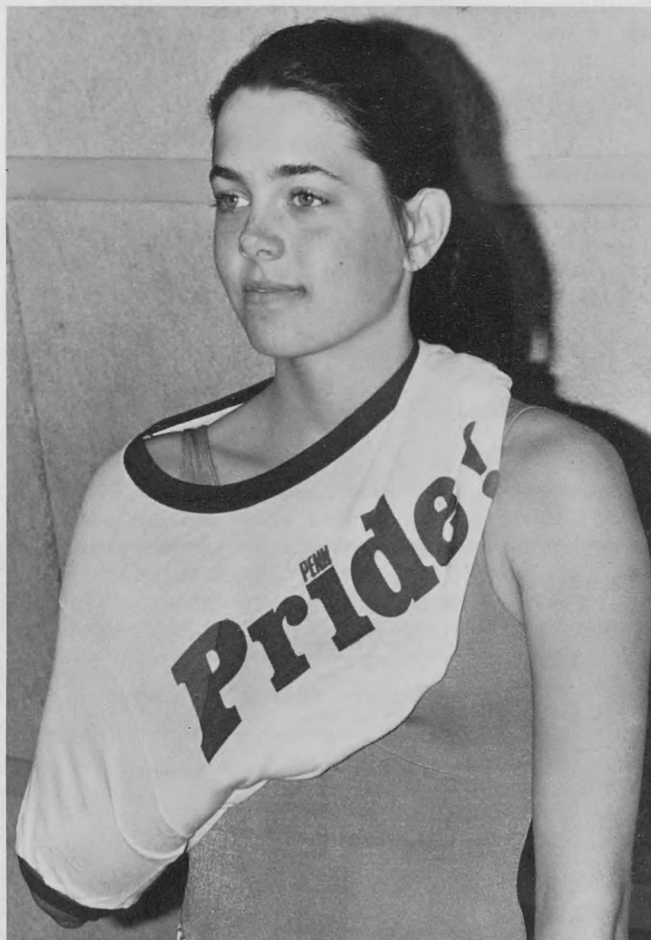
1. Slip the uninjured arm out of the shirt sleeve.
2. Slip the injured arm out of the shirt sleeve. (Depending on the type of injury and the size of the shirt, it may be necessary to slip the shirt over the head before freeing the injured arm from the shirt.)
3. With the shirt in place over the shoulders, sleeves free, pull the sleeve of the injured arm down to the elbow.
4. Rest the elbow in the sleeve.
5. Rest the hand along the neck band of the shirt or wrapped in the folds of the shirt.
6. Adjust the level of support by moving the shoulder seam on the affected side. Placing the shoulder seam up and behind the shoulder line will increase the lift of the arm.

Summary

The use of an injured athlete's shirt for an arm sling provides an immediate alternative to the self-support method which employs the use of the athlete's uninjured arm. The use of the shirt frees the athlete's good arm for balance and support, without jeopardizing the position of the injured extremity. The shirt provides consistent support while enabling the player to be in charge of any needs that are within reach.

As is true of all techniques in athletic training, this method is not applicable to all situations, and is not presented with that intent. +

Editor's Note: Anyone wishing to have an idea, technique, etc. considered for this section should send one copy to Ken Wolfert, Miami University, Oxford, Ohio 45056. Copy should be typewritten, brief, and concise, using high quality illustrations and/or black and white glossy prints.



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