

A Patient's guide to

Silicone Subluxation Orthosis Donning

Applying the gel sleeve



- Turn the sleeve inside out and have the straps pointing down
- Pull the sleeve onto the arm and up to the elbow. The straps should be positioned in the centre of the front and back of the arm
- The sleeve can now be rolled over itself so that the gel is now next to the skin and the straps are in the upward position
- The Sleeve should now be around the elbow and upper arm.

Position the shoulder harness

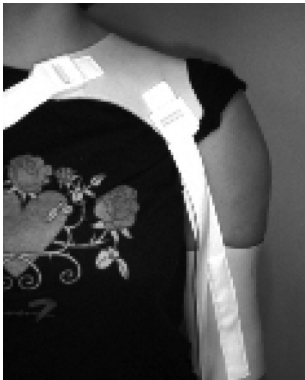


- The harness should be positioned on the shoulder and tightened around the chest with the strap. This needs to be tight to prevent migration of the harness
- The harness needs to be positioned so that it is equally balanced front to back.

Tighten the straps from the sleeve, through the shoulder harness, to neutralise subluxation



- The subluxation must be neutralised by elevating the arm against the shoulder. Once this position is achieved the strapping should be tightened enough to maintain this position
- Check the subluxation correction achieved and tighten the strapping further as required.



A close fitting Orthosis sometimes causes mild redness on the skin. Whilst some redness is to be expected, any discomfort, pain or skin marks that do not readily resolve should be reported to your Orthotist.

If you have any comments about this leaflet or would like it translated into another language/large print, please contact the Clinical Governance Department on 020 8909 5439/5717.

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