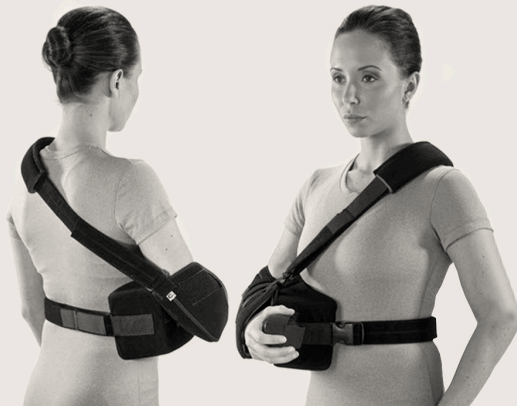


Information for patients

# Shoulder Abduction Pillows



## Orthotics

## Shoulder Abduction Pillows

A Shoulder Abduction Pillow is usually provided following a rotator cuff repair to the shoulder, but may be provided for a variety of other reasons as well. The brace is designed to hold your shoulder in an abducted position (a position away from the body).

## When should I wear my shoulder brace?

Your Consultant will advise you when you need to wear your brace and for how long. Generally this is worn at all times.

## Fitting

The shoulder brace will need to be worn on top of clothing. The pillow rests under your affected arm with the elbow flexed. Your hand should rest on the ball that is fixed to the pillow. Place your other arm through the long strap so that this rests on your contralateral shoulder, you can then clip the long strap to the pillow. Fasten the hook and loop fastening straps on your arm securely. The pillow should be situated at your side. Ensure that the pillow does not migrate around to your front.

## Caution!

There may be some red marking of the skin when you remove the brace, this is normal and the marks should disappear within half an hour. It is important that you check your skin regularly, especially if you have altered sensation. If you experience any of the following whilst wearing your brace please contact the Orthotic Department as soon as possible:

## Swelling

- Persistent discomfort/pressure
- Skin breakdown
- Loss of sensation

## What happens next?

Once the consultant has confirmed you can stop wearing your shoulder brace, this can be discarded. You do not need to return this to the hospital.

We provide the clinical service for orthotics at The Robert Jones and Agnes Hunt Orthopaedic Hospital, Oswestry, The Royal Shrewsbury Hospital and The Princess Royal Hospital, Telford. Please find the relevant contact details below.

Please only contact the department where you are due to have an appointment or have already been seen, other sites will not be able to deal with your enquiry and you will be asked to ring the appropriate hospital.

**The Robert Jones and Agnes Hunt Orthopaedic Hospital / Tel: 01691 404442**

Below are the opening times for the department for dropping off/collecting footwear and appliances. Please note the contact telephone number is available throughout normal working hours.

**RECEPTION OPENING TIMES**

Monday – Thursday, 8.15 am – 5.45 pm

Friday, 8.15 am – 4.45 pm

**GENERAL ENQUIRIES**

Monday – Thursday, 8.45 am – 5 pm

Friday, 8.45 am – 4 pm

CLOSED FOR LUNCH 12.30 pm – 1.15 pm

**The Royal Shrewsbury Hospital / Tel: 01743 261000 Ext: 3701**

Monday – Thursday, 8.30 am – 4 pm

Friday, 8.30 am – 3 pm

CLOSED FOR LUNCH 12.30 pm – 1.15 pm

**The Princess Royal Hospital / Tel: 01952 641222 Ext: 4224**

Monday – Thursday, 9.00 am – 4.30 pm

Friday, 8.30 am – 12.30 pm. Closed pm

CLOSED FOR LUNCH 12.30 pm – 1.15 pm

Please note we are only able to offer appointments at the site you have been referred to by your consultant/G.P. even if this isn't the most local to your home address.

## If you require a special edition of this leaflet

This leaflet is available in large print. Arrangements can also be made on request for it to be explained in your preferred language. Please contact the Patient Advice and Liaison Service (PALS) email: [rjah.pals.office@nhs.net](mailto:rjah.pals.office@nhs.net)

## Feedback

Tell us what you think of our patient information leaflet. Please send your comments to the Patient Advice and Liaison Service (PALS) email: [rjah.pals.office@nhs.net](mailto:rjah.pals.office@nhs.net)

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