

## Minor Injuries Units

### North Dorset:

#### **Blandford Community Hospital**

Milldown Road, Blandford DT11 7DD

Telephone: **01258 394032**

#### **Westminster Memorial Hospital**

Magdelene Lane, Shaftesbury SP7 8BD

Telephone: **01747 475251**

#### **Yeatman Community Hospital**

Hospital Lane, Sherborne DT9 3JU

Telephone: **01935 813991**

### South West Dorset:

#### **Bridport Community Hospital**

Hospital Lane, Bridport DT6 5DR

Telephone: **01308 426245**

#### **Lyme Regis Medical Centre**

Uplyme Road, Lyme Regis DT7 3LS

Telephone: **01297 445777**

#### **Portland Community Hospital**

Castle Road, Portland DT5 1AX

Telephone: **01305 860111**

#### **Weymouth Community Hospital**

Melcombe Avenue, Weymouth DT4 7TB

Telephone: **01305 762545**

### South and East Dorset:

#### **St. Leonard's Community Hospital**

Local Treatment Centre (out of hours)

241 Ringwood Road, Ringwood BH24 2RR

6.30 pm–10.30 pm Monday–Friday,

8 am–8 pm Sat, Sunday and bank holidays.

Telephone **111** for an appointment.

#### **Swanage Hospital**

Queens Road, Swanage BH19 2ES

Telephone: **01929 475009**

#### **Victoria Hospital**

Victoria Road, Wimborne BH21 1ER

Telephone: **01202 856410**

## Emergency Departments

#### **Dorset County Hospital**

Williams Avenue, Dorchester, DT1 2JY

Telephone: **01305 251150**

#### **Poole General Hospital**

Longfleet Road, Poole, BH15 2JB

Telephone: **01202 665511**

#### **Royal Bournemouth Hospital**

Castle Lane East, Bournemouth, BH7 7DW

Telephone: **01202 704167**

#### **Salisbury Hospital**

Odstock Road, Salisbury, SP2 8BJ

Telephone: **01722 336262**

#### **Yeovil District Hospital**

Higher Kingston, Yeovil, BA21 4AT

Telephone: **01935 475122**

The information in this leaflet is available in additional languages and alternative formats. Please contact the Trust for further details.

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**Dorset HealthCare  
University**

NHS Foundation Trust

## Minor Injuries Unit

### Advice on shoulder injuries



**Dorset HealthCare University NHS Foundation Trust**

Sentinel House

4–6 Nuffield Road

Poole, Dorset

BH17 0RB

☎ 01202 277000

🐦 @DorsetHealth

🌐 www.dorsethealthcare.nhs.uk

**Information  
for patients,  
relatives and carers**

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## Shoulder injury

A shoulder injury can be painful and cause restriction in movement of the shoulder joint. It is important to follow the treatment below to ease pain and ensure that symptoms do not persist.

### Day one

- Gently use arm as pain allows.
- Rest your arm in sling provided when necessary.
- Apply ice or frozen peas to the affected area for 10 minutes every three hours during the day (ice can burn so wrap in a tea towel).

### Days two and three

- Begin the following gentle exercises every three hours as discomfort allows:
  - Lean forward from the waist and gently swing arm forwards and backwards, side to side and round in a circle, as pain allows.

### Days four to eight

Gradually add the following shoulder exercises:

- Lie on your back with your hands clasped together, raise both arms above your head, hold for one second and relax down. Stand facing a wall and 'walk' your hand up the wall until you feel a stretch.
- Take recommended painkillers as directed, remember to only increase activities as you feel able, and as pain allows.
- Seek advice from your GP or nearest minor injuries unit if symptoms do not improve.



## Further advice

If your condition gets worse, other symptoms develop, or you're generally concerned and need advice quickly, contact NHS **111** or log on to [www.nhs.uk/111](http://www.nhs.uk/111).

You may also contact your Doctor during normal surgery hours. If the call to your Doctor is urgent and outside the normal surgery hours of 8.00am to 6.30pm, your surgery will redirect you to the appropriate out of hours service or advise you to call the NHS **111** number.

Out of hours – please call your own GP's out of hours contact number.

In an emergency, dial **999**.

Please read this leaflet carefully.

If you are concerned or there is anything you do not understand or you require further information, please contact your nearest Minor Injuries Unit or Urgent Care Centre using the contact details on the back of this leaflet.