

Tubular and dynamic compression sleeves

Physiotherapy & Occupational Therapy

Why have I been given this sleeve?

This sleeve has been provided for you with the aim of increasing awareness of the arm and to activate weak muscles. It will also reduce the abnormal increased tone (caused by muscle imbalance).

Aims may include:

- Tightness of the arm when walking
- To reduce the increased tone (stiffness) of the arm
- To increase awareness of the arm
- To increase active range of movement
- To improve quality of arm movement
- To improve the function of your arm

When should it be worn?

It is important to build up tolerance to wearing it gradually. It is recommended that you begin with a wearing regime of 15 minutes at a time with a minimum rest period of 1 hour in between. This can then be increased to 30 minutes, 1 hour, 2 hours, 4 hours, 6-8 hours, as recommended by the treating therapist.

The sleeve should not be worn at night or when you are unwell. You should also have rest periods as described above when you do not wear the sleeve.

How do I apply the sleeve?

When determining the size of sleeve to be used it is important that the fit is snug without affecting your circulation. The length of sleeve required should be measured from the top of the shoulder to the knuckles of the fingers. It should then be pulled onto the arm. The excess length should be folded back over the biceps and at the wrist. The top of the sleeve should stop at 3 fingers below the armpit.

Tubigrip Size: A B C D E F

ProTEM Sleeve size: 9/13 12/16 15/19 16.5/20.5 18/22

The prevention of infection is a major priority in all healthcare and everyone has a part to play.

- Please decontaminate your hands frequently for 20 seconds using soap and water or alcohol gel if available
- If you have symptoms of diarrhoea and/or vomiting, cough or other respiratory symptoms, a temperature or any loss of taste or smell please do not visit the hospital or any other care facility and seek advice from 111
- Keep the environment clean and tidy
- Let's work together to keep infections out of our hospitals and care homes.

What should I look out for?

- Observe for any red marks that do not disappear after 30 - 40 minutes of removal of the sleeve
- Observe for any skin irritation
- Observe for any signs of discomfort and/or pain (there may be sensory issues)

If any of these occur, stop using the sleeve and speak to your therapist as soon as possible.

How do I keep it clean?

The sleeve can be washed by hand in warm soapy water and air dried.

Who can I contact if I have any concerns or queries about using the sleeve?

If you have any questions or concerns about any aspect of using the sleeve, please speak to your therapist.

Name of Therapist:

Contact telephone number:.....

Out of hours / emergency instructions:.....

English

If you need information in another way like easy read or a different language please let us know.

If you need an interpreter or assistance please let us know.

Lithuanian

Jeigu norėtumėte, kad informacija jums būtų pateikta kitu būdu, pavyzdžiui, supaprastinta forma ar kita kalba, prašome mums apie tai pranešti.

Jeigu jums reikia vertėjo ar kitos pagalbos, prašome mums apie tai pranešti.

Polish

Jeżeli chcieliby Państwo otrzymać te informacje w innej postaci, na przykład w wersji łatwej do czytania lub w innym języku, prosimy powiedzieć nam o tym.

Prosimy poinformować nas również, jeżeli potrzebowaliby Państwo usługi tłumaczenia ustnego lub innej pomocy.

Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ, ਜਿਵੇਂ ਪੜ੍ਹਨ ਵਿਚ ਆਸਾਨ ਰੂਪ ਜਾਂ ਕਿਸੇ ਦੂਜੀ ਭਾਸ਼ਾ ਵਿਚ, ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

ਜੇ ਤੁਹਾਨੂੰ ਦੁਭਾਸ਼ੀਏ ਦੀ ਜਾਂ ਸਹਾਇਤਾ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

Romanian

Dacă aveți nevoie de informații în alt format, ca de exemplu caractere ușor de citit sau altă limbă, vă rugăm să ne informați.

Dacă aveți nevoie de un interpret sau de asistență, vă rugăm să ne informați.

Traditional Chinese

如果您需要以其他方式了解信息，如易读或其他语种，请告诉我们。

如果您需要口译人员或帮助，请告诉我们。