

Pulled Elbow – Child

Emergency Department

Introduction

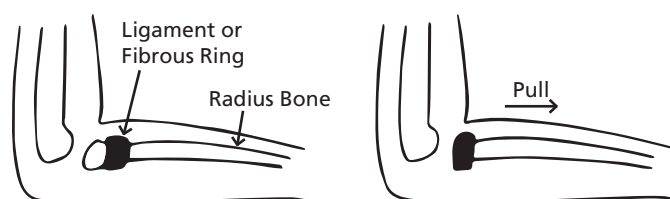
This leaflet is intended to help you understand what a ‘pulled elbow’ is and how it occurs.

Our examination of your child’s elbow has revealed that they have a ‘pulled elbow’.

A ‘pulled elbow’ is a common injury in young children. The radius bone moves slightly out of position and slips out of the ligaments (fibrous bands or ring) which hold the elbow in position.

This is not the same as a dislocation, when the bones are forced completely out of alignment causing damage to the ligaments.

Diagram of a Child’s Elbow Joint



How will the clinician diagnose a ‘pulled elbow’?

When a child has a ‘pulled elbow’ they tend to let their arm hang down by their side. The clinician will then look for swelling and bruising on the arm. If a child has a ‘pulled elbow’ the elbow will not be swollen. The clinician will then move the arm to see which movements hurt. One of the test movements may move the bone back to its correct position. If the clinician is not sure if your child has a ‘pulled elbow’, they may ask for an x-ray to exclude a fracture.

How can the elbow be put back into position?

The clinician can usually move the elbow and get the radius to go back into position.

What pain relief will my child receive?

You will usually be offered pain relief by the nurse or clinician. We usually use Paracetamol or Ibuprofen. You are allowed to give your child pain relief before you bring your child to the emergency department.

Normally your child will be able to use the arm fairly soon after this.

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.

Will this procedure be painful?

Correcting the 'pulled elbow' can be a bit painful but the procedure is very quick.

How can I help to prevent this injury from happening again?

Please avoid people pulling on your child's arm, for example, games where you swing your child by their arms or tugging your child along by their arm when in a hurry.

When will my child's arm be better?

Your child will usually be able to move their arm normally within 15 minutes of the position being corrected.

If your child is not using their arm correctly within 24 hours, please return to the emergency department. If your child's elbow becomes swollen or bruised please return to the emergency department.

When will a 'pulled elbow' stop happening?

A 'pulled elbow' can happen at any time on either arm, until your child is about 7 or 8 years old. At this time the elbow has grown enough to stop moving out of its Fibrous Ring, so please be careful with your child's arm.

If you need further advice regarding this problem, please contact NHS 111.

For other advice please consider which NHS service is most appropriate. This can include visiting your pharmacist, a minor injuries unit, your GP or a Walk in centre.

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。