

Emergency Department Discharge Advice

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Information

If you need this information in large print, easy read, on audiotape or in another language please call 0800 7838058 or e-mail pals@dchft.nhs.uk

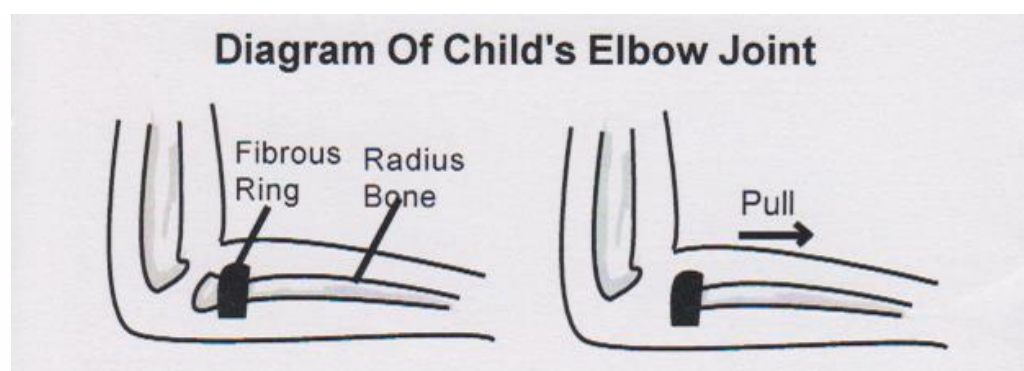
If you wish to obtain a list of the sources used to develop this information leaflet please call 0800 7838058 or e-mail patient.info@dchft.nhs.uk

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Pulled Elbow (Child)

Our examination has revealed that your child has a 'pulled elbow'.

This is not the same thing as a dislocation, but means that one of the bones in the elbow is not lined up because a piece of fibrous tissue has slipped out of place preventing normal movement in the joint. This can happen if your child's arm gets accidentally pulled.



The doctor or nurse can usually make the bone go back to its proper place, but this means that he or she has to move the elbow and it may be painful for a short period. Normally, your child will be able to use the arm fairly soon after this. Even if the doctor or nurse does not manage to put the elbow in place it usually slips back into place by itself within 48 hours. It does not cause any long term problem with the elbow.

You should:

Give your child a medicine such as Calpol to relieve any pain

You should not:

Pull 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 you are in a hurry

Please turn over:

Take your child to your nearest Emergency Department or telephone us if after 24 hours:

- Your child's elbow is still sore
- Your child is not using the arm
- You are worried about them
- You think that it has happened again

Please remember

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.

Further Information

If there are ongoing problems please contact your GP or return to your nearest emergency department.