

Children's Services

Pulled Elbow: Patient Discharge Information

This leaflet contains advice and information about what to expect when you leave hospital following this diagnosis.

What is a pulled elbow?

The doctor has examined you and found that you have a pulled elbow

This means that one of the bones in your elbow is not lined up. It can happen if your arm gets accidentally pulled.

You should tell your parent or carer if your elbow hurts and they can give you medicine to help.

You should not let anyone pull on your arm. You should not play games where someone can swing or pull you by your arm.

You must tell your parent or carer if:

- Your elbow is still sore
- You cannot use your arm

Your parent or carer will take you to the hospital.

Please remember

A pulled elbow can happen to you at any time on either arm until you are about seven or eight years old. Your elbow will have grown enough at this time to stop it moving out of position. Please be careful with your arms.

Adapted by kind permission of George Eliot Hospital NHS Trust

The Trust has access to interpreting and translation services. If you need this information in another language or format, please contact 024 7696 6850 and we will do our best to meet your needs.

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