

Children's Emergency Department

Pulled Elbow: Parent-Carer Discharge Information



The doctor or nurse practitioner has diagnosed your child with a pulled elbow.

A pulled elbow is a common childhood injury in under-fives when the arm is pulled. This happens because sometimes in young children the ligament around the elbow is loose or not tight enough and this ligament may slip when the child's arm is accidentally pulled.

This is not the same as a dislocation and the ligament tightens as the child gets older, however some children are prone to this.

To help reduce the risk of reoccurrence:

- Avoid lifting the child by their arms;
- Avoid games where you are pulling on your child's arms against resistance.

This injury is often caused by the child holding hands with an adult and the child pulls away.

While in the Children's Emergency Department the doctor or nurse practitioner will do a simple procedure and manipulate the elbow, which should resolve the symptoms quickly. Once your child is moving their arm fully you will be discharged home.

What medication can I give to my child?

Often the elbow can feel uncomfortable for up to 24 hours after therefore it is recommended that Paracetamol and or Ibuprofen (if applicable) to be given.



Patient Information

Paracetamol 4-6 hourly last given at.....

Ibuprofen 6-8 hourly last given at.....

When should I seek medical advice?

If after 24 hours:

- You child's elbow is still painful;
- You child is not using the arm;
- You are worried about your child;
- You think it might have happened again;

Bring your child back to the nearest Accident and Emergency Department for reassessment. **For further information, contact the Paediatric Department on 024 7696 6934.**

The Trust has access to interpreting and translation services. If you need this information in another language or format please contact 024 7696 6934 and we will do our best to meet your needs.

The Trust operates a smoke free policy.

To give feedback on this leaflet please email feedback@uhcw.nhs.uk

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