

Pulled Elbow

Paediatric A&E Department



Pulled Elbow

Introduction

Your child has been diagnosed as having a "Pulled Elbow".

This is a common condition in young children up to the age of 6. It is a traction injury and the small bone at the elbow slips out of a ring shaped ligament. Usually the child is being held by the hand and then either tries to run away or sits down suddenly, leaving the elbow stretched. Sometimes the history is not clear, and sometimes the injury can occur with less force e.g. when having an arm put into the sleeve of a coat.

The diagnosis is a clinical one, based on the history and the position the child is holding their arm in. Usually the arm is held by the side with the forearm facing inwards, or the child may hold onto the wrist to prevent any movement at the elbow.

If the child is older than 6 or the mechanism is unclear, the doctor may X-ray to rule out other conditions.

Once the diagnosis is clear the doctor or nurse can manipulate the elbow to move the bone back into the correct position. The child will usually cry for a minute or two, but then experiences relief as they can then use the arm normally. Occasionally it will take longer for the child to use the arm, especially if the injury occurred more than a few hours before they attend hospital. If the child does not use the arm within 30 minutes it may be

necessary to repeat the manipulation, or put the child in a collar and cuff for a few days to allow swelling to reduce.

It is possible that a pulled elbow may happen again until your child reaches the age of 5-6 when the bone in the elbow has grown enough to stop moving out of its ligament. Either elbow can be affected. No permanent damage has been reported in children with recurrent pulled elbows.

If it does happen again, your child is complaining of a painful elbow or you notice they are not using the arm, please return to your nearest Accident and Emergency Department.

Further Information

Paediatric Accident and Emergency Department
St. Peter's Hospital, Guildford Road
Chertsey
Surrey KT16 0PZ

Telephone: **01932 872000**

The following website also gives useful advice:

www.patient.co.uk

Further Information

We endeavour to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Matron, Senior Nurse or Manager on duty.

If they cannot resolve your concern, please contact our Patient Experience Team on 01932 723553 or email asp-tr.patient.advice@nhs.net. If you remain concerned, the team can also advise upon how to make a formal complaint.

Author: Dr Erin Dawson

Department: Paediatric A&E

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We can provide interpreters for a variety of languages, information in larger print or other formats (e.g. audio) - please call us on 01932 723553.

To use the Text Relay service, prefix all numbers with 18001.

اگر نیاز به ترجمہ دارید، لطفاً با شماره 01932 723553 تماس بگیرید۔

ਜੇ ਤੁਹਾਨੂੰ ਤਰਜਮੇ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਇਸ ਨੰਬਰ ਤੇ ਫੋਨ ਕਰੋ: 01932 723553

اگر آپ اس کا اردو زبان میں ترجمہ چاہتے ہیں، تو براؤ کرم اس فون نمبر 01932 723553 پر رابطہ کریں

Se precisa de uma tradução por favor contacte: 01932 723553

আপনার অনুবাদের দরকার হলে এখানে যোগাযোগ করুন : 01932 723553

यदि आपको अनुवाद की ज़रूरत है तो कृपया इस नंबर पर फोन करें: 01932 723553

Jeżeli chcemy, aby te informacje w innym języku, proszę zadzwonić 01932 723553

Ashford Hospital
London Road
Ashford, Middlesex
TW15 3AA
Tel: **01784 884488**

St. Peter's Hospital
Guildford Road
Chertsey, Surrey
KT16 0PZ.
Tel: **01932 872000**

Website: www.ashfordstpeters.nhs.uk