



Pulled elbow (child): aftercare advice

Information for patients from the Emergency Department

Please speak to a healthcare professional before following the advice below

How is a pulled elbow diagnosed?

The story of how it happened and an examination of your child's arm will help us diagnose a pulled elbow. An x-ray is not normally needed as the ligament will not show up, and when we examine your child we will be able to tell if there is a more serious injury or break to their arm.

What causes a pulled elbow?

A pulled elbow can happen at any time on either arm, until your child is about seven or eight years old. At this time the elbow should have grown enough to stop moving out of its fibrous ring, so please be careful with your child's arm.

Will the pain continue after treatment?

The doctor / nurse can usually make the bone go back to its proper place, but this means that they will have to move the elbow and it may be painful for a short time afterwards. Normally, your child will be able to use their arm fairly soon after this.

Can I give my child painkillers?

To help with any pain, give your child painkillers (such as junior paracetamol and / or ibuprofen) as recommended by the doctor / nurse.

How can we avoid this happening again?

Do not pull on your child's arm, this includes playing games where you swing your child by their arms or tugging your child along by their arm when you are in a hurry.

What if I have any concerns?

Bring your child back to the Emergency Department or telephone us if, after 24 hours:

- your child's elbow is still sore
- your child is not using the arm
- you think that it has happened again.

This leaflet has been produced with and for patients.

If you would like this information in **another language, audio, Braille, Easy Read, or large print** please ask a member of staff. You can ask someone to contact us on your behalf.

Any complaints, comments, concerns, or compliments please speak to your doctor or nurse, or contact the Patient Advice and Liaison Service (PALS) on 01227 783145, or email ekh-tr.pals@nhs.net

Patients should not bring large sums of money or valuables into hospital. Please note that East Kent Hospitals accepts no responsibility for the loss or damage to personal property, unless the property has been handed into Trust staff for safe-keeping.

Further patient leaflets are available via the East Kent Hospitals website (<https://www.ekhuft.nhs.uk/information-for-patients/patient-information/>).

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