

Further sources of information

NHS Choices:

www.nhs.uk/conditions

Our website: www.sfh-tr.nhs.uk

Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

King's Mill Hospital: 01623 672222

Newark Hospital: 01636 685692

Email: sfh-tr.PET@nhs.net

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email sfh-tr.PET@nhs.net.

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you.

External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them.

If you require a full list of references for this leaflet, please email sfh-tr.patientinformation@nhs.net or telephone 01623 622515, extension 6927.

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INFORMATION FOR PATIENTS

Pulled elbow (child)

Emergency Department

King's Mill Hospital

Mansfield Road
Sutton in Ashfield
Notts NG17 4JL
Telephone: 01623 622515, extension 2789

Newark Hospital

Boundary Road
Newark
Notts NG24 4DE
Telephone: 01636 681681

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

This is not the same thing as a dislocation, but means one of the bones in the elbow is not lined up. It happens when one of the forearm bones partially slips out of a fibrous ring ligament at the elbow, which secures the radius to the ulna. This is usually a result of the arm getting accidentally pulled.

The doctor can usually make the bone go back to its proper place, but this means the doctor 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.

You should:

- ✓ Give your child painkilling medicine such as infant or junior paracetamol.

Always read guidance on usage when taking any medication.

You should not:

- x 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.

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 him/her.
- You think 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.