

Please use this space for any notes you wish to make.

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 (if relevant) 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

A pulled elbow is a common minor injury which can affect children under the age of five. It occurs when one of the forearm bones, called the radius, partially slips out of a ring-shaped ligament at the elbow. It is extremely rare for it to cause any long-term problems.

It can occur because a child's joints are not completely developed and the ring-shaped ligament is looser in early childhood. It usually happens when the child's arm is accidentally pulled, e.g. falling over while an adult is holding their hand or pulling an arm through a sleeve while dressing.

The child usually cries briefly and is then reluctant to use that arm.

Management

An x-ray of the elbow is not usually necessary as it will not diagnose a pulled elbow.

After being given simple pain relief, your child's arm will need to be moved in a particular way to manipulate the head of the radius bone back into the correct position. This can be painful for a few seconds, but in most cases, they will be able to use their arm again quite quickly after the manoeuvre.

Occasionally it is not possible to solve the problem by performing the manoeuvre the first time.

If this occurs, the arm is usually rested in a sling, and we will arrange to see the child again in our Emergency Department a few days later.

Often it resolves itself before you are seen again, but if not, another attempt may be needed.

If you have any concerns, please come back to the Emergency Department or see your GP.