

If you require a translation please contact:

Se avete bisogno di una traduzione si prega contattare:

Si usted requiere una traducción de esta información por favor contacte a:

اگر آپ کو اس کے ترجمے کی ضرورت ہو تو آپ ہم سے رجوع فرمائیں۔

আপনার যদি এই পত্রের অনুবাদের দরকার হয়,
তাহলে দয়া করে যোগাযোগ করুন :

Patient Advice and Liaison Service (PALS)
01932 723553

PULLED ELBOW IN A CHILD

Advice for Patients

Ashford Hospital London Road, Ashford, Middlesex, TW15 3AA

Telephone **01784 884488** Facsimile **01784 884017**

St. Peter's Hospital Guildford Road, Chertsey, Surrey, KT16 0PZ

Telephone **01932 872000** Facsimile **01932 874757**

Website: www.ashfordstpeters.nhs.uk

PATIENT INFORMATION

PULLED ELBOW

A pulled elbow is not the same as a dislocation, but means that one of the bones in the elbow is not lined up. This can happen when your child's arm gets pulled accidentally.

The bone can usually be easily manipulated back into its proper place, but it may be painful for half an hour or so. Your child will normally be able to use their arm very soon after this.

TREATMENT

- Make sure your child is given regular pain relief such as Calpol and/or Junifen.
- Try to avoid pulling on your child's arm (such as when you may swing your child or tug their arm accidentally when you are in a hurry).

TAKE YOUR CHILD TO THE NEAREST EMERGENCY DEPARTMENT IF:

- Your child's elbow is hurting them.
- Your child is not using their arm.
- You think your child has a pulled elbow again.
- You are, in any way, worried about them.

REMEMBER

A pulled elbow can happen at any time on either arm.. At this stage the elbow will have grown enough to stop slipping out of its

ligament. Therefore, if your child is prone to this condition, please take extra care with their arms.

FURTHER INFORMATION

Additional advice or information may be obtained by contacting (Walk-in Centre at Ashford Hospital telephone **01784 884828** or **01932 722025** for Accident & Emergency, St. Peter's Hospital

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Version: 2	Published: 11/03/2008