**Returning to sport**

For those returning to sport, swimming is good exercise. However, do not return to racquet or contact sports until your elbow is free of pain, supple and strong.

This leaflet gives general advice only. Depending on how severely your elbow is sprained, it may take between 6 – 8 weeks for you to regain full movement. Full elbow straightening is often slower to return than elbow bending and in some cases may always remain restricted.

**About Us**

The Tetbury Minor Injuries Unit offers treatment for adults, children and young people for a wide range of minor injuries. You can drop in without an appointment, or you may be referred by your GP or other healthcare professional. We will treat most patients within 1 hour.

**Opening Times:** Open 5 days a week.

Mon day – Friday 08.30 – 16.30 (last admission time 16.00)

**In an Emergency:**

Southmead Hospital 0117 4145100 (Emergency Department)

Gloucestershire Hospital 03004222222 (Main Switch)

Royal United Hospital, Bath 01225 824391 (Emergency Department

**Address & Telephone numbers:**

**Tetbury Hospital Trust**

**Malmesbury Road**

**Tetbury**

**Gloucestershire**

**GL8 8XB**

**01666 502336 (Reception)**

**01666 501761 (MIU)**

**www.tetburyhospital.co.uk**

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How to treat your Pulled Elbow

Injury

Information for Patients attending the Minor Injuries Unit



A registered charity committed to delivering the

best in care for local people and the communities we serve.

Tetbury Hospital Trust Ltd

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**What is pulled elbow**

A pulled elbow is a common minor injury which usually affects children under the age of five years. It occurs when one of the forearm bones, called the radius, partially slips out of a ring shaped ligament at the elbow, which secures the radius to the bone next to it called the ulna. Medically

This is known as a ‘radial head subluxation’.

**What causes pulled elbow?**

A pulled elbow happens because young children’s joints are not completely developed and the ring shaped

Ligament is looser at this age.

Usually the arm has been stretched or pulled forcefully along the direction of the length of the arm.

This commonly done by:

• You and your child moving in opposite directions quickly whilst holding hands

• Lifting your child by one hand

• Pulling an arm through a sleeve whilst dressing

Any sudden pulling, stretching, jerking or swinging of the child’s hand or forearm may cause it to slip, and it may occasionally even occur after a fall or, in a smaller child,

simply rolling over on the arm.

**What are the symptoms?**

Your child may initially cry, appear to be in pain and be unable to fully bend their elbow. There is sometimes a

‘Crack’ or ‘popping’ sound heard.

They will be reluctant to use their arm, which may hang loosely at their side. Often they are then not distressed unless you try to move the arm, but occasionally may

seem to be surprisingly upset by what seems to be a very minor event.

**How is it diagnosed?**

The story of how it occurred and an examination of your child’s arm will help us diagnose a pulled elbow.

An X-ray is not normally necessary because 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 the arm.

**How is it treated?**

If your child seems to be in pain they should be given simple painkillers such as paracetamol or ibuprofen.

Once the examination has shown no other injury 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 is a quick and simple manoeuvre, but may cause a brief moment of discomfort. Often a click is felt as the

Bone slips back into position. Shortly after this your child should be able to start using

their arm, especially if distracted by playing with a toy, but sometimes this can take a few hours or more.

The longer the arm has been ‘subluxed’ the longer this is likely to take, but every child is different.

We usually advise observation in Children’s A&E until your child has started to use their arm, but this decision will be discussed with you at the time, as some children are more likely to relax and start to use it once they have gone home.

If the arm seems a little sore or swollen after it has been treated, you should give regular simple painkillers such as paracetamol or ibuprofen until they are using it normally.

**what is the prognosis of treatment?**

Your child is expected to make a full recovery within a few days. If the manipulation is immediately successful we will not arrange to see your child again.

If we think it is likely there might be another injury, or the treatment is not successful it is possible that an X-ray will be performed.

If the X-ray is also normal the treatment will then be to rest your child’s arm in a sling for 2–3 days. The elbow

Usually gets better on its own with this treatment. If you have any concerns that your child’s arm has not recovered within 2–3 days you should either return to the A&E Department for a further examination or make an appointment to see your GP.

**Prevention**

To prevent this happening it is best to avoid swinging games and pulling or lifting your child up by the hand. Use the child’s upper arms or armpits to lift them.

Remember to teach others (like grandparents and childcare workers) to do the same.