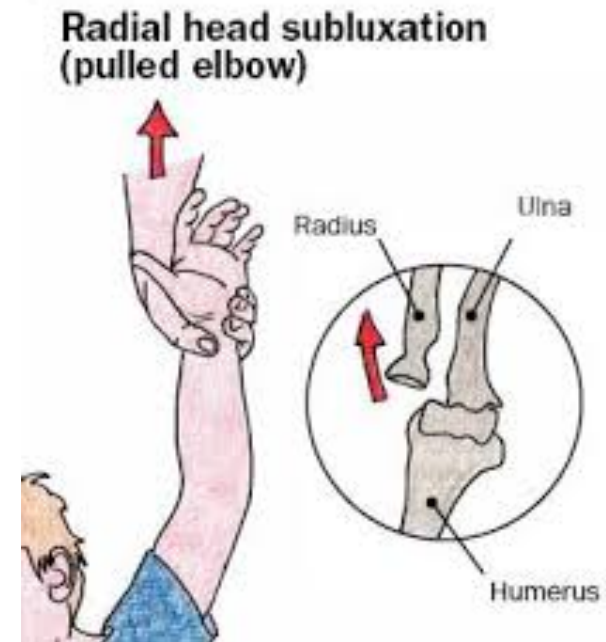


ADVICE CARD FOR PARENTS AND CHILDREN

Pulled Elbow

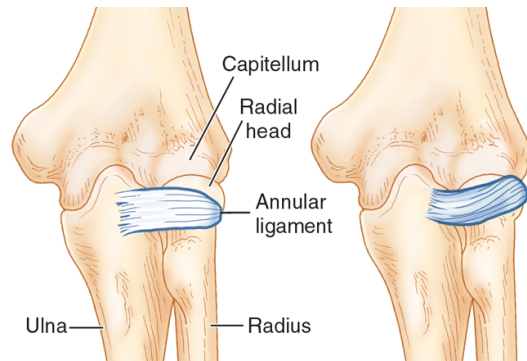


**ACCIDENT & EMERGENCY
DEPARTMENT DISCHARGE
ADVICE**

Pulled Elbow:

This leaflet contains discharge advice following your attendance to the Accident & Emergency Department (A&E) or Urgent Care Centre (UCC).

Your child has suffered an injury. The majority of the time the injury is accidental. Pulled elbow are also known as “nursemaid’s elbow” or “radial head subluxation”. There is no broken bone/fracture. The injury involves a ligament known as the annular ligament in the elbow see below:



Within the elbow joint there is a bone called the radius which sits in a ring type ligament (annular ligament). As adults our radius bone sits comfortably within this ligament. As children are still growing and the bone has not yet fully developed, the bone can sometime slip out of the ring causing a “pulled elbow”.

This happens when the lower arm is pulled suddenly, such as when someone has tried to prevent a fall by holding onto the arm or hand, or when a child is lifted or swung by their arm’s, it may also happen if a child twists the arm.

Your child will stop using the affected arm usually from the elbow down, they will complain of pain on any movement, assisted or not. Your child will be observed dangling or guarding his/her arm.

When the doctor or nurse assesses your child they will ask for a detailed history of what has happened and how. This will help give us the diagnosis of a pulled elbow.

How we treat a pulled elbow:

The doctor or nurse who has seen your child will have to perform a manipulation procedure (**it is not what it sounds like**). This procedure is usually very successful but can cause some pain and upset to your child. Children generally recover very quickly and start to use their arm/elbow normally again.

There are no long-lasting effects of the injury but sometimes it is unavoidable and it can happen again.

If the 1st manipulation procedure fails we will not try a second time, this would be to distressing to your child. We may provide a sling and bring you back to A&E consultant’s clinic for a further review in 2-3 days. An appointment will be made for you. By this time usually it will have resolved by itself, this happens a lot, if not further management will be arranged

Give your child regular pain killers:

- Take simple pain killers such as paracetamol and /or ibuprofen which can be purchased from a chemist or shop.
- Take medication according to manufacturer's instructions.

If all was successful and your child is using their limb normally no follow up with be required.

If you have any concerns please attend your local Accident & Emergency department.

PLEASE CONTACT US FOR FURTHER ADVICE

**Fairfield General Hospital – 0161 778 2896 / 0161 778 2891
Rochdale Urgent Care Centre – 01706 517302 / 01706 517799
North Manchester General Hospital – 0161 720 3623 / 0161 720 2617**

**EMERGENCY DEPARTMENT
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