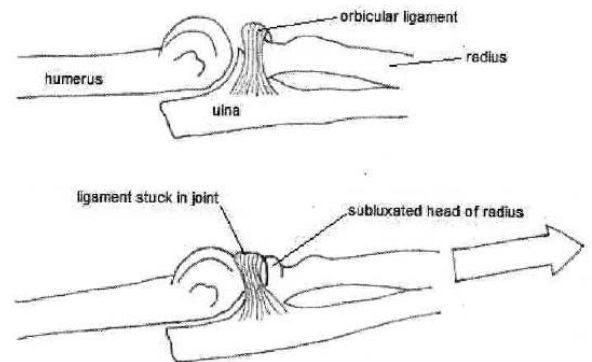




Pulled Elbow

A pulled elbow is a common injury generally affecting children under 5 years old.

At the elbow 3 bones (radius, ulna, humerus) join to form a hinge joint, there is a loop of ligament around the narrow neck of the radius that is held in place by the broader head of the bone. In young children this broader head is not fully developed and therefore if the child's elbow is stretched the bone can get stuck in the ligament.



What Causes a Pulled Elbow?

Any sudden pulling, lifting, jerking or swinging of the child's hand or forearm, with the elbow straight, can cause the ligament to slip and get stuck.

What are the Symptoms of a Pulled Elbow?

The child may experience pain, cry or be anxious about moving the arm. They will be reluctant to use the arm, hang it loosely at their side or across their tummy. They may be unable to fully bend, or straighten, it at the elbow.

How is a Pulled Elbow Diagnosed?

A diagnosis is made based on hearing the history and examining the child's arm. An X-ray is usually not required as there are no broken or dislocated bones associated with this injury and ligaments cannot be seen on x-ray.

How is a Pulled Elbow treated?

After simple painkillers your child's arm will be manipulated in a particular way to return the ligament to the normal position around the radial neck. This is a quick and simple manouvre but may cause a brief moment of discomfort. Once this has been performed the child will soon start to use their arm especially when distracted by toys.

What to look out for:

Please return to the Emergency Department if you child experiences any of the symptoms below: -

- Not fully recovered in 2-3 days
- Continues to not use the arm
- Excessive swelling or pain
- Blue or excessively cold hands or fingers

How to prevent a Pulled Elbow

- Avoid lifting or pulling your child by the hands, wrists or forearms
- Avoid swinging your child around by the wrists or forearms
- Use upper arms or arm-pits to lift or swing your child

Tell us your views

If you wish to discuss any aspect of your treatment and care, please speak to a senior member of staff or to the nurse looking after you. The matrons are also available during normal working hours and they welcome your views.

Friends and Family Test

Whatever your experience you can give feedback by answering the Friends & Family test question – How likely are you to recommend our A&E Department to family and friends if they needed similar care or treatment?

This can be completed online at <http://surveys.this.nhs.uk> using tag name **chftae** or by completing the form available within the department.

If you have any comments about this leaflet or the service you have received you can contact :

Manager

Emergency Department

Huddersfield Royal Infirmary

Telephone No: 01484 342396

www.cht.nhs.uk

or

Calderdale Royal Hospital

Telephone No: Halifax: 01422 222325

www.cht.nhs.uk

If you would like this information in another format or language contact the above.

Potřebujete-li tyto informace v jiném formátu nebo jazyce, obraťte se prosím na výše uvedené oddělení

Amennyiben ezt az információt más formátumban vagy nyelven szeretné megkapni, vegye fel a kapcsolatot fenti részlegünkkel.

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub wersji językowej, prosimy skontaktować się z nami, korzystając z ww. danych kontaktowych

ਰ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਪ੍ਰਾਰੂਪ ਜਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਉਪਰੋਕਤ ਵਿਭਾਗ ਵਿੱਚ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰੋ।

اگر آپ کو یہ معلومات کسی اور فارمیٹ یا زبان میں درکار ہوں، تو برائے مہربانی مندرجہ بالا شعبے میں ہم سے رابطہ کریں۔