



Southport and  
Ormskirk Hospital  
NHS Trust

# **ADVICE FOR PARENTS**

## **Pulled Elbow**

Paediatric A&E

Our examination has revealed that your child has a “pulled elbow”.

This is not the same thing as a dislocation, but means that one of the ligaments in the elbow has slipped, which can happen if your child’s arm gets accidentally pulled.

The doctor can usually make the bone go back to its proper place, but this means that he or she has to move the elbow and it may be painful for a short period. Normally, your child will be able to use the arm fairly soon after this.

### **YOU SHOULD NOT:**

- ✗ Pull on your child’s arm, eg games where you swing your child by their arms or tugging your child along by their arm when you are in a hurry.

### **BRING YOUR CHILD BACK TO THE ACCIDENT & EMERGENCY DEPARTMENT IF:**

- ✗ Your child’s elbow is still sore.
- ✗ Your child is not using the arm.
- ✗ You are worried about them.
- ✗ You think that it has happened again.

## **PLEASE REMEMBER:**

This can happen again.

A pulled elbow can happen at any time on either arm, until your child is about 7 or 8 years old. At this time, the elbow has grown enough to stop moving out of its fibrous ring, so please be careful with your child's arms until that age.

**A&E Telephone: 01695 656674**  
**NHS 111**

*Please retain this leaflet for future reference*

**Please call 01704 704714 if you need  
this leaflet in an alternative format**

**Southport and Ormskirk Hospital NHS Trust**

Ormskirk & District General Hospital  
Wigan Road, Ormskirk, L39 2AZ  
Tel: (01695) 577111

Southport & Formby District General Hospital  
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**FOR APPOINTMENTS**

Telephone (01695) 656680  
Email [soh-tr.appointments@nhs.net](mailto:soh-tr.appointments@nhs.net)

Please remember to complete the **attached** *Friends and Family Test*.

Alternatively, you can complete the *Friends and Family Test* on-line by going to: [southportandormskirk.nhs.uk/FFT](https://southportandormskirk.nhs.uk/FFT)

**Thank you**

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