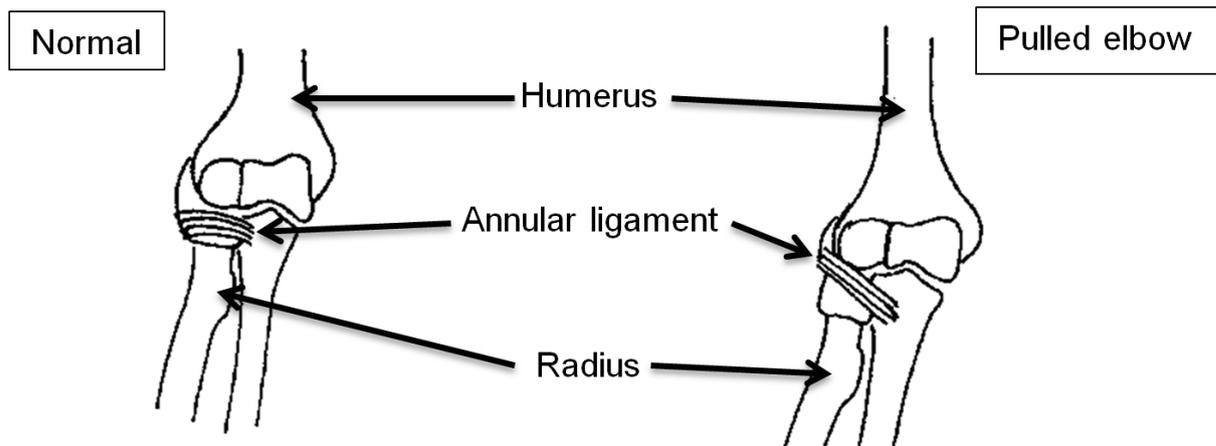


## Advice for parents of a child with a pulled elbow

A pulled elbow is a common injury in small children between about 1 and 5 years old. It can affect older children, but this is unusual. It should not cause any long-term problem with the elbow.

The radius (one of the forearm bones) sits in a socket called the annular ligament in the elbow. This socket is bigger than the bone when children are young, so the bone can be pulled out of place.



Pulled elbows are not seen on x-rays. An x-ray is only done if the doctor or nurse thinks there might be a fracture.

### What happens if the bone goes back into place?

If the doctor or nurse has managed to get the radius bone back into place today then your child should be using their arm quite normally within 12 hours (it can be much sooner than this).

No follow-up is usually needed.

They may need one or two doses of a painkiller such as paracetamol.

### What happens if the bone is still out of place?

You may be sent home with a sling and painkillers if:

- the doctor or nurse cannot get the bone back in place, or
- the child does not start moving their arm again while in the Emergency Department

You should return the next day for your child to be assessed again.

Often the bone will slip back into its socket on its own within 48 hours.

**You should return to the Emergency Department at once if:**

- Your child complains of numbness in their fingers.
- The colour of their fingers is pale or blue.

**To prevent this from happening again**

- Avoid lifting, pulling, or swinging a child by the hands, wrist, or forearms.
- Use upper arms, armpits, or the chest to lift the child.

**If you have any problems, or for further advice please contact:**

- Emergency Department on 01535 294481
- Your GP
- NHS 111 service

**By telephoning, we can ensure you get appropriate advice and do not wait unnecessarily in the Emergency Department.**

**Notes:**

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**Are you a victim of Domestic Violence? For confidential advice, contact:**

Bradford	0808 2800 999	<a href="https://www.stayingput.uk.net/contact">https://www.stayingput.uk.net/contact</a>
North Yorkshire	03000 110 110	<a href="https://www.idas.org.uk/">https://www.idas.org.uk/</a>
Lancashire	0300 323 0085	<a href="https://www.lancashire.gov.uk/health-and-social-care/your-health-and-wellbeing/domestic-abuse/">https://www.lancashire.gov.uk/health-and-social-care/your-health-and-wellbeing/domestic-abuse/</a>

If you require this leaflet in other languages or formats please telephone the Patient Advice and Liaison Service (PALS) on 01535 294019

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