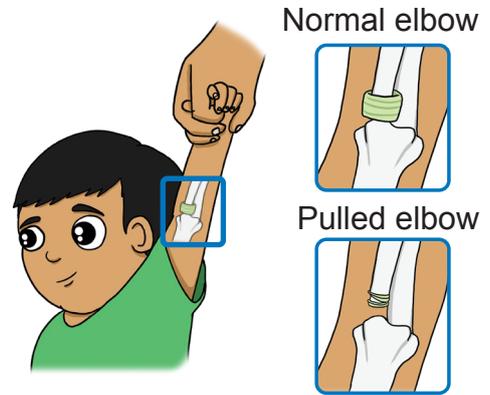


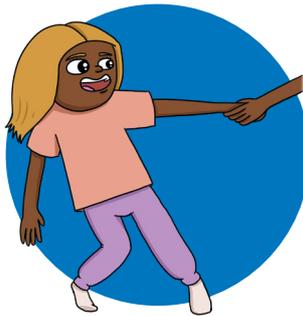


Pulled elbow

A pulled elbow happens when ligaments in the elbow are stretched too much and the bone slips under the ligament. The bone is not able to go back in place without the doctor's help. A pulled elbow happens a lot in bubs under 5 years of age.



Sudden pulling on bub's forearm or wrist can cause a pulled elbow like seen in pictures below.



It can also happen if bub falls onto their arm or twists their arm; pulled elbow does not cause long term damage.

- Bub should not be picked up by the lower arms or wrists.
- Bub may have some pain but when the elbow is back in place the pain should stop.

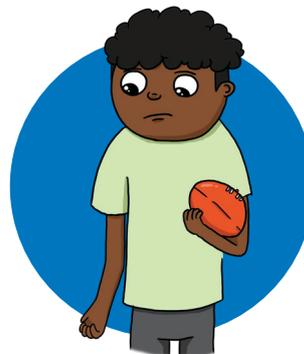
Bub may have a pulled elbow if they:



Have pain in their arm



Do not want to or can't use or move their arm



Holds their arm or the arm is hanging by their side



Are upset or worried

If bub has pain, give them **paracetamol**.



Paracetamol (Panadol)

Given at: _____

Next dose at: _____

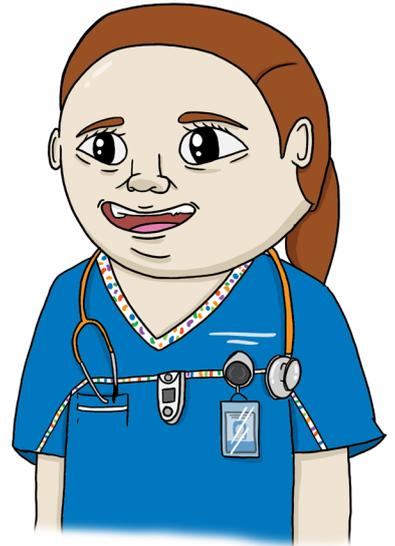
No more than 4 times in 1 day

See packet instructions

What to do if you think bub has a pulled elbow:

Do not try to put their elbow back yourself always see your GP, health clinic or go to the emergency department.

- A **doctor** can put the **elbow back in place**. It can take up to **30 minutes** or so to do.
- The doctor will need to make sure bub can **use their arm** before going home.
- Bub's arm **may** be placed in a **slings for a day** if there is swelling.
- Sometimes a pulled elbow **cannot be fixed** on the **first visit** and an **x-ray** may be needed.
- If bub **cannot use their arm** 24 hours after medical treatment, you should **see your GP, health clinic or emergency department**.



Sometimes, a pulled elbow can happen again. If it does:

- Put an icepack or something cold like frozen peas wrapped in a cloth.
- Give something for pain like Panadol.
- Be careful when touching the arm or taking off clothes.

Take bub to the GP, health clinic or emergency department.



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Child and Adolescent Health Service

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This document can be made available in alternative formats on request for a person with a disability.

Disclaimer: This publication is for general education and information purposes. Contact a qualified healthcare professional for any medical advice needed.

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