



Pulled elbow

Emergency Department

What is a pulled elbow?

A pulled elbow is a common minor injury affecting children under the age of 5 years. It

position Shortly after this your child should start to use their arm normally, especially if distracted by playing with a toy.

Possible effects of treatment

Occasionally this manipulation may not be successful in getting your child to move its arm immediately. If this is the case it is possible that an x-ray will be performed to rule out any other possible diagnoses. The treatment will then be to rest your child's arm in a sling as spontaneous correction will normally occur within 2-3 days.

Sometimes your child's elbow may be slightly swollen and painful after the injury. If this is the case, you should give some regular simple painkillers such as paracetamol or ibuprofen for a few days.

What is the prognosis or expected outcome of treatment?

Your child is expected to make a full recovery within a few days.

Are there any possible complications?

It is extremely rare for a pulled elbow to result in any long term damage.

If you have any concerns that your child's arm has not recovered within 2-3 days, you

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