

Pulled Elbow

Pulled elbow, also known as nursemaid's elbow or radial head subluxation, is a condition where one of the bones in the forearm slips out of place at the elbow joint. It is not a dislocation, but rather a misalignment that occurs when a child's arm is accidentally pulled or jerked, typically during play or while being lifted. This condition is common in young children and typically occurs before the age of 6 years.

What Happens:

The bone slips out of its normal position due to a sudden and forceful pulling of the child's arm. This often happens when a child's arm is pulled while the elbow is extended. It causes discomfort and limited movement at the elbow joint.



Image via pexel.com

Treatment:

Fortunately, correcting pulled elbow is usually straightforward and can be done by a doctor. It involves gently manoeuvring the bone back into its correct position, which is often a quick and painless procedure. After the bone is back in place, the child typically experiences relief and can begin using their arm again shortly after.

What NOT to Do:

Do not attempt to pull or manipulate the child's arm to try to put the bone back in place. This can cause further injury and discomfort.

What to Do:

Provide Pain Relief: Offer a child-appropriate painkiller to help alleviate discomfort.

Keep Calm: Keep the child calm and reassure them while waiting for medical assistance.

Seek Medical Help: It's important to see a doctor promptly for proper diagnosis and treatment. They can safely and effectively manoeuvre the bone back into place.

Remember, pulled elbow is a common childhood injury that can be easily treated by a healthcare professional. By following these guidelines and seeking prompt medical attention, you can help your child recover comfortably and quickly.