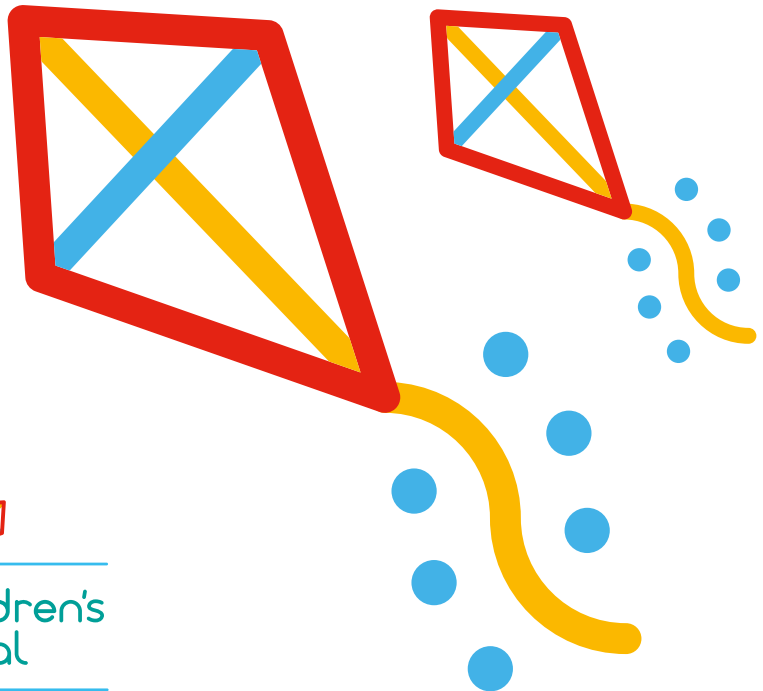


# Soft tissue injury of the elbow

Information for parents



## Dear Parent / Guardian

Your child has sustained a 'soft tissue' injury of their elbow, which means that some of the structures around the elbow such as the ligaments, the muscles or the tendons have been strained without any broken bones (fracture).

Following your attendance to the Emergency department, your child's elbow has been held in a comfortable position in a collar and cuff or sling. Your child may have experienced some pain since the injury and may have required simple painkillers such as Paracetamol (Calpol) or Ibuprofen.

Your doctor has confirmed today your child's x-rays have shown no fractures.



These injuries always heal with time and no specific treatment is required.

Your child can now start moving the elbow. The arm should be pain-free, although it may be slightly stiff from being in the collar and cuff or sling for some days and your child may be a little unsure to start with.

Reassure your child this is normal and it will get better as they move the elbow.

Full mobility and function return within days. Physiotherapy is not needed. Your child should avoid contact sports, trampolines, monkey bars, bouncy castles and any heavy arm use (such as climbing) for a further 7 - 10 days.

No further routine appointment will be arranged after today's consultation and your child will be discharged back to the care of your family doctor.

## **When to seek help**

You should contact us if your child's elbow pain has not improved and / or has not regained full movement after 6 weeks, or is unable to resume sports after 12 weeks.

## Useful contact numbers

If you have any questions or concerns, please contact:

**Children's Orthopaedics Nurse Specialist Team:**  
(Monday - Friday, 8.00 am - 5.00 pm)

Tel. **0113 3928570**

**Plaster Room, Leeds General Infirmary:**  
(Monday - Friday, 8.30 am - 5.00 pm)

Tel. **0113 3925717**



**What did you think of your care?**

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