



Please call 911 if you think you have a medical emergency.

## Nursemaid Elbow Treatment

### Self-Care at Home

The application of a cool, moist towel or small bag of ice wrapped in a towel may be helpful in any type of acute injury. Acetaminophen (Tylenol) for pain can also be given. The most important action should be to seek appropriate medical attention.

### Medical Treatment

The doctor will move the bones back into place (the subluxation will be reduced) in this manner:

- The child will remain on the parent or guardian's lap facing the doctor. While gently feeling the radial head with one hand, the doctor will hold the affected hand and turn it palm upward (causing supination) while fully bending (flexing) at the elbow. Alternatively, the forearm may be fully straightened with the palm inward (pronation). Often a click will be felt by the doctor and rarely may be heard.
- Your child will probably cry briefly during the procedure. But immediately after, the movement will be pain free, and the child will quickly revert to using his or her upper arm as if nothing were ever wrong.
- If this procedure does not produce the expected results, it may be repeated using the same methods, or the forearm may be extended fully while twisting the forearm again. After several attempts, if the child has not improved, x-rays may be ordered to check for bone fractures.
- If the reduction is not possible in the emergency department, the child may have a temporary splint placed on the arm with close follow-up being arranged. This situation may occur more often if the parent has delayed medical attention for the condition. On follow-up examination, the elbow has often fixed itself spontaneously or will be more likely to succeed on reattempt.

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For more information, read the complete article, Nursemaid Elbow (<http://www.emedicinehealth.com/script/main/art.asp?articlekey=58636>) on <http://www.emedicinehealth.com>.

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