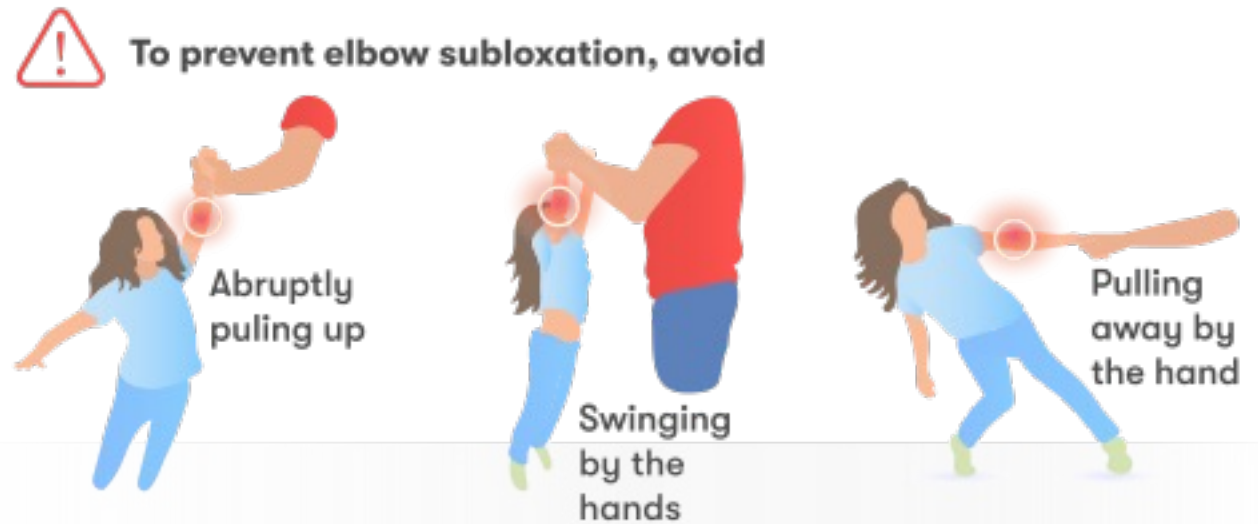
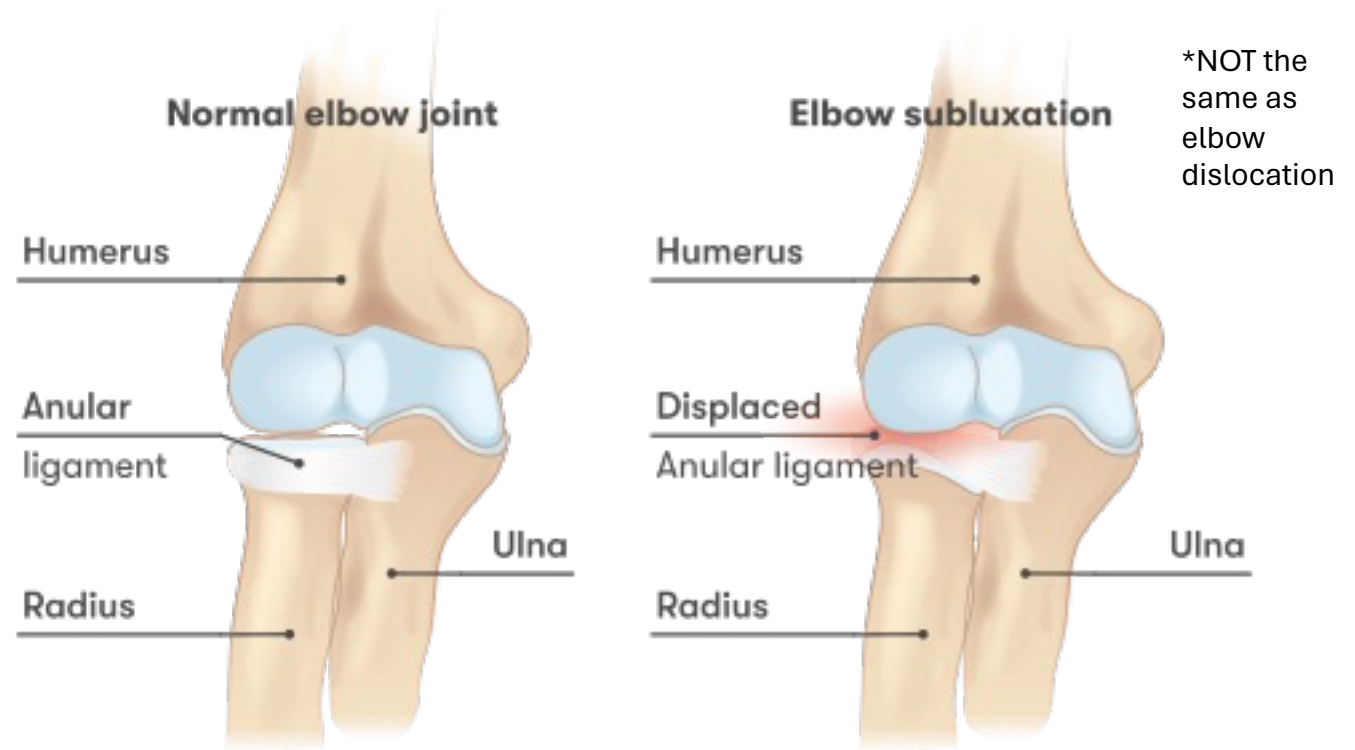


Nursemaid's Elbow

- Radial head subluxation – slips under annular ligament
- 1-5yo, less common 6yo and older
- Mechanism: pulling
- Affected arm held adducted, pronated, extended to slightly flexed at elbow
- No point bony tenderness, swelling, deformity, ecchymosis
- Clinical diagnosis if classic history and physical exam



Nursemaid's Elbow Reduction

- Two methods to reduce
 - Hyperpronation: pronate the arm while applying axial traction (pulling arm straight) – research supports this technique slightly more successful & less painful
 - Supination-flexion: supinate the arm and then flex fully at the elbow
 - Video of both methods [here](#)
 - If you place your thumb on the radial head during the reduction maneuver, you may feel a “pop” as the elbow is reduced
 - The child *will* cry during the reduction
- Go away and return in 5-10 minutes – unless the elbow was subluxed for a prolonged time (and is sore), the child will be magically cured and using the affected arm
- If the history was unclear and a radiograph was performed, reduction often happens spontaneously during positioning for the radiograph – child returns from radiology suite cured

Nursemaid's Elbow Discharge Care

- Assuage any parent or sibling guilt if their action “caused” the injury
- If reduction did not seem successful, consider a radiograph
 - If radiograph negative, repeat reduction maneuver
 - If still not using arm, may be residually sore from being subluxed
 - Discharge with sling, oral analgesics, rest, and follow-up if not improved in 1-2 days (for likely orthopedics referral)
- If reduction successful
 - Oral analgesics as needed (not usually needed)
 - 20% recurrence rate – instruct on activities to avoid (anything that pulls on the arm, e.g. pulling, swinging by the hands)
 - If it recurs, reduction should be performed ASAP – don't wait to be seen
 - In some cases of frequent recurrences, parents may be taught the reduction maneuver, and there are case reports of successful telephone instruction