



**INFORMATION FOR PARENTS / CARERS**

# Soft Tissue Injury To The Elbow

**Your child has been assessed in the Emergency Department and it is felt that they have a soft tissue injury to their elbow.**

**A soft tissue injury may involve the ligaments and tendons around the elbow but does not involve the bone**

## Management

Your child may have been given a collar and cuff - a type of sling to wear. If this is the case the sling is provided purely for comfort. If your child is not happy to wear the sling or it is not helping them, it may be removed.

If your child is wearing a sling you should encourage periods of time out of the sling and the arm should be gently moved (mobilised) as pain allows. Your child should avoid wearing the sling for more than a week as the arm can become stiff. The sling can be removed at night and for showering.

## Pain relief

Keep your child comfortable by giving them regular simple pain relief, like infant paracetamol or Ibuprofen, especially for the first few days.

## Will my child be followed-up?

With this type of injury, children do not normally require any follow-up. However, if

your child has had an x-ray this will be reviewed by an x-ray specialist (radiologist) within the first 48 hours following your child's visit. If there are any new findings you will be contacted by the Virtual Trauma Clinic who will assess your child's progress. The Virtual Trauma Clinic may arrange to see your child in person for follow-up.

## When should I seek medical attention for my child?

It is unlikely that you will need to seek medical advice for your child following their discharge, as we would expect your child's symptoms to gradually improve over the next week or two. However, if your child has uncontrollable pain despite pain relief you should seek advice from NHS 111, your GP or your local Emergency Department.

## Accessible Information

If you need this information in another format or language, please ask a member of staff.

## Smoking

Bradford Teaching Hospitals NHS Foundation Trust is a smoke-free organisation. You are not permitted to smoke or use e-cigarettes in any of the hospital buildings or grounds.

Author: E. Jones

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