



# Soft tissue injury of the elbow

Your child has sustained a soft tissue injury of the elbow. This leaflet gives advice to follow at home

## General advice

- The term 'soft tissue' refers to the muscles, ligaments and tendons that surround and support the elbow.
- This injury will heal in two to three weeks.
- Your child should wear a sling for comfort for one week from the date of their injury.
- If they have pain or discomfort they may need simple painkillers designed for children, such as Paracetamol (Calpol) or Ibuprofen (Calprofen).



## When it is time to remove the sling:

- Do make sure that your child is calm and that you are not rushed or distracted.
- Allow your child to gently and slowly remove the arm from the sling.
- Once the sling comes off, the arm should be pain-free, although it may be slightly stiff from being in a sling and your child may be a little unsure to start with.
- Sporting activities, physical education (PE) and rough play should be avoided for three weeks from the date of their injury.

**If you have any further questions or concerns regarding this injury, please contact the Orthopaedic Clinic on 0118 322 6567 or 07554 330 369, open Monday to Friday 12.00pm – 5.00pm (except bank holidays).**

**Friends & Family Test:** Whatever your experience you can give feedback by answering the Friends & Family test question – 'Overall, how was your experience of our service?' – by going online [www.royalberkshire.nhs.uk/patients-and-visitors/friends-and-family-test/](http://www.royalberkshire.nhs.uk/patients-and-visitors/friends-and-family-test/) or using the link sent to you in an SMS text message.

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**Please ask if you need this information in another language or format.**

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