

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: While you are in hospital please spare a few moments to answer one question 'Overall, how was your experience of our service?' by filling in the card given or online by visiting www.royalberkshire.nhs.uk/surveys.

To find out more about our Trust visit www.royalberkshire.nhs.uk

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

Reviewed: RBFT Department of Orthopaedics Orthopaedic Unit, May 2022.
Next review due: May 2024