

Alert: Child Care Staff and Parents

Nursemaids Elbow injuries on the Rise Locally

Our regional CCL Investigator, has seen an increasing number of reports of nursemaids elbow. This injury is common among children especially up to age three. In nursemaids elbow, the ligament that stretches over the elbow joint is popped out of place. This happens if the child's arm is pulled and twisted at the wrong angle such as when you are swinging a child by his arms. It can occur if you are holding a child's hand and she pulls and twists to get away. Treatment generally requires attention from a doctor trained in moving the ligament back into its proper position.

Prevention includes a few common sense guidelines to help avoid this injury entirely. Don't swing children under the age of three by their outstretched arms; hold them under the arms, instead. If you've got a restless child by the hand and she extends her arm and begins twisting to get free, let go and take her by the upper arm or shoulder, or hold her around the waist.

Because of the stretching of the ligaments involved in this injury, there is a high rate of recurrence of nursemaids elbow of about 25%. So for the next few months after the injury be particularly careful not to over-stretch the injured elbow.