



FIG 20-4 Restraint examples from most restrictive to least restrictive. **A**, Mummy restraint. **B**, Wrist restraints. **C**, Elbow restraints.

Jacket Restraint

A jacket restraint is sometimes used to keep the child safe in various chairs. The jacket is put on the child with the ties in back so the child is unable to manipulate them. The jacket restraint is also useful as a means for maintaining the child in a desired horizontal position. The long tapes, secured to the understructure of the crib, keep the child inside the crib.

Arm and Leg Restraints

Occasionally, the nurse needs to restrain one or more extremities or limit their motion. Several commercial restraining devices are available, including disposable wrist and ankle restraints (see [Fig. 20-4, B](#)). Restraints must be appropriate to the child's size and padded to prevent undue pressure, constriction, or tissue injury; and the extremity must be observed frequently for signs of irritation or impaired circulation. The ends of the restraints are never tied to the side rails because lowering the rail will disturb the extremity, frequently with a jerk that may hurt or injure the child.

Elbow Restraint

Sometimes it is important to prevent the child from reaching the