

# Ten-4

## Bruising Rule

Be aware of any bruising to the:

Torso

Ears

Neck

or

bruising **anywhere** on a child  
4 months old or younger.

These bruises are **significant**  
indicators of abuse.

**Bruising on babies is  
not normal!**

Pierce MC, Kaczor K, Aldridge S, O'Flynn J, Lorenz DJ. Bruising characteristics discriminating physical child abuse from accidental trauma. *Pediatrics*. 2010;125(1):67-74. Epub Dec. 7, 2009. Erratum in *Pediatrics*. 2010;125(4):861.

# Be aware of bruising



- Bruising is the most overlooked sign of abuse.
- Bruising is extremely rare in infants younger than 6 months old and uncommon in pre-ambulatory infants.
- Bruising in infants is a significant indicator of abuse and must be reported to Child Protective Services; these infants should be medically evaluated.

## **Always remember the TEN-4 Bruising Rule.**



Sugar NE, Taylor JA, Feldman KW et al. Bruises in infants and toddlers: those who don't cruise rarely bruise. *Arch Pediatr Adolesc Med.* 1999;153(4):399-403.