

RANGE OF MOTION EXERCISES FOR INFANTS WITH BRACHIAL PLEXUS INJURIES

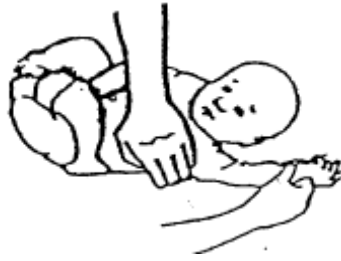
Range of motion exercises are movements done with your child's arm to ensure that the joints maintain full movement. They should be performed **slowly** and held at the end point for at least **10 seconds**. The exercises should be done **2 times a day** with each exercise repeated **3 times**, unless otherwise directed by your therapist.

SHOULDER

1. Gently grasp the child's forearm. Support the shoulder blade against the body.



Raise the arm slowly over head, keeping arm close to the ear. Hold



2. This exercise resembles "bicycle signals". Raise the shoulder out half way and bend the elbow 90



Maintaining this position, rotate the arm back so that it touches the bed. Hold.



Then rotate the arm down so that the palm touches the bed. Hold



3. While supporting the shoulder, position the child's arm at the side with the elbow flexed across the stomach.



Gently rotate the arm out to the side bringing the back of the hand to the bed. Hold.



ELBOW

4. Turn the palm to face upwards. Straighten the elbow. Hold



Keeping the palm turned up, bend the elbow. Hold.



WRIST AND FINGERS

5. Gently bend the wrist backwards and hold. Then, straighten the fingers and thumb. Hold.

