

Activities and Exercises After Brachial Plexus Injury From Birth to 12 Months Old

This is a guide to help you become familiar with more activities, exercises and precautions related to your child's brachial plexus injury. Feel free to ask your therapist any questions.

Precaution: If the infant has a clavicle or humerus fracture, do not do Passive Range of Motion (PROM) until cleared by physician.

Gentle Passive Range of Motion (PROM): Caregiver Stretches Child's Arm

Lift baby by cradling or around chest wall.

- See *Brachial Plexopathy Occupational Therapy Home Program* handout for description and picture of each movement.
- Do 3 to 5 repetitions of each stretch 4 to 6 times a day (perhaps at each daytime diaper change).
- Provide additional attention to stretching for shoulder external rotation (arm at side next to ribcage). See attached handout for picture and description.

Active Range of Motion (AROM): Child Uses His/Her Own Arm

Baby moves arm with same movements as PROM.

- Place activity center in crib on affected side.
- Use overhead gym.
- Approach and play with the baby on side of the affected arm.

Other Beneficial Activities:

Sensory Stimulation:

See attached handout for sensory play activities.

Shoulder Strengthening:

It is important that your child gains enough strength in his/her shoulder to help your child use his/her arm during everyday activities

and play. One way to strengthen your child's shoulder is through weightbearing:

- Lay your child on your chest when you are leaning back.

- Provide assisted (support under baby's chest) tummy time.
- Place your baby on his/her stomach while supervising him/her.

Make An Appointment [651-290-8707](tel:651-290-8707) Refer a Patient [651-325-2200](tel:651-325-2200)

This information is for educational purposes only. It is not intended to replace the advice of your health care providers. If you have any questions, talk with your doctor or others on your health care team.

If you are a Gillette patient with urgent questions or concerns, please contact Telehealth Nursing at [651-229-3890](tel:651-229-3890).