

Brachial Palsy Injury sites

Brachial Palsy is a birthing injury that can alter a child's' life for many years.

Note the nerve damage sites identified in this photo.

Physical Therapy Range of Motion

Range of Motion Exercises

Ranges of motion (ROM) exercises are done to preserve flexibility and mobility of the joints on which they are performed, reduce the rigid motion or stiffness and thus prevent or at least slow down the freezing of joints as the disease progresses and the child moves less often.

Range of motion is the term that is used to describe the amount of movement you have at each joint.

Every joint in the body has a "normal" range of motion.

Joints maintain their normal range of motion by being moved.

It is important to move all joints every day.

Stiff joints can cause pain and can make it hard for to do normal daily activities.

Each child needs a program of exercise tailored to his or her individual needs and abilities. With a prescription the doctor can either send the child to an outpatient clinic to see a Physical Therapist or have one come to the home to help design a personalized exercise program.

There are different kinds of ROM exercises.

Stretching exercises are done themselves while the child still has the muscle strength to move their joints through their complete ranges. These are called Active ROM exercises.

Self-ROM exercises, which involve using a stronger arm to assist a weaker arm to perform the exercises, eliminate the need for caregiver assistance.

Passive ROM exercises, these are done for a weaker client by a caregiver.

Many times there are a combination of the types of ROM exercises.

Ex. of client need: For instance if client has strong-arms but very weak legs, he would use an active ROM program for the arms independently and a passive ROM program for the legs.

Even within a limb the type of exercise used can vary depending on the strength of the different muscle groups. Clients with increased muscle tone (spasticity) will also need to learn techniques to decrease the tone before exercising.

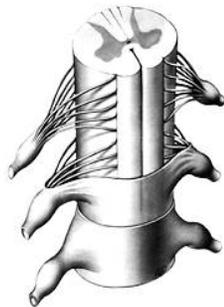
1-It is important to realize that these exercises will not strengthen muscles that have been weakened by some diseases. Once the supply of motor neurons that control a particular muscle has degenerated, it cannot be regenerated by exercise.

2-It is important that all exercise be performed in moderation. Fatigue will only increase weakness and rob energy that needed for daily routines and activities. If a prescribed set of exercises is too tiring please talk to the therapist. Changes can be made that will eliminate the risk of fatigue.

It is important with ROM exercises that the therapist or assistant not to force movements and to stop a movement if it causes pain.

Exercises should not cause pain. If pain is experienced, stop that exercise and talk to the doctor or therapist. It may be that you are not doing the exercise correctly, or perhaps some modification to the exercise program must be made.

If joints are very painful and swollen, move them gently through their range of motion. These exercises should be done slowly and steadily.



Infants with brachial plexus injury are usually identified in the newborn nursery during the first week of life. The most obvious feature of the disorder is lack of

Brachial Plexus Injury:

TREATMENT

- Provide patient's parents with home program PROM sheets 2-3 daily x 10 reps in all motions
- Begin gentle PROM exercise in supine to increase joint flexibility and muscle

Remember Damage to the joint space can occur if too much force is applied.

Joint range of motion is done on one joint at a time.

Stabilize with one hand just above the joint and place your other hand below the joint to move the part through its full range of motion.

PRECAUTIONS/PROBLEMS

1. Shoulder or elbow dislocations
2. Frozen shoulder
3. Soft tissue/joint contractures
4. Do not lift child under armpit