

⌘15 Pause and Practice:

Weight Bearing in Standing

(Refer to *Functional Activities in Standing*.)

Upper extremity weight bearing in standing can be particularly helpful in preparing the upper extremity for function.

Starting Position

- Have your patient stand in front of a sturdy table or kitchen counter. Stand on their involved side, place your hands on their hips. Stay close to the patient, maintaining contact at the hips.

Handling

- Bring your patient forward, carefully placing their involved hand on the surface of the table or counter. You do not need to place any objects in their hand; the open hand on a flat surface is fine.
- Ask your patient to bring their other hand onto the surface in order to put weight onto both upper extremities.
- Gently bring their weight forward, onto their hands. Observe the position of the wrist. Make sure the carpals are in good alignment. Do not allow extreme extension of the wrist, as it may be painful.
- Stabilize the involved elbow, if necessary, to keep it from buckling.
- Slowly encourage your patient to shift their weight toward their involved side.
- Continue to weight shift toward the involved side and then return to midline. As your patient begins to feel more comfortable, the weight shifts will become easier.
- Gently return to midline and take their hand off the surface. Note any changes in tone.



You are now ready to begin the functional activity.