

### ⌘3 Pause and Practice:

## Facilitating Tricep Control

This is another example of Facilitating Active Movement.

### Starting Position

- Begin with the patient positioned in supine on the mat table. Bring the hips and knees into flexion, placing the feet on the table. This position helps to control extension synergy of the lower extremity.



### Handling

- Prepare the upper extremity, beginning with scapular mobilization. With one hand, support under the scapula. Tuck the arm against your side, and support under the elbow with the other hand, never pulling on the arm. All of the scapular gliding occurs with the hand under the scapula, not under the elbow. Begin scapular mobilization in elevation/depression and protraction/retraction. Once you have excursion of the scapula, you may begin facilitation of the triceps. (See *Pause and Practice* ⌘7: *How to Mobilize the Scapula in Supine*)
- Place one hand along the epicondyles and the other hand along the lateral surfaces of the wrist. Slowly bring the arm into 90° of shoulder flexion, using your hand at the epicondyles to maintain scapular protraction. Don't allow the arm to "pull" or "fall" back into scapular retraction.



### Facilitation of Isometric Control of the Triceps

- Holding at the epicondyles and the lateral surfaces of the wrist, place the elbow in full extension and ask your patient to hold this position. The ability to "hold" a position is the first step in muscle re-education.

