#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 reeducation.

Facilitation of Eccentric Control of the Triceps

• Slowly let the arm flex at the elbow while maintaining scapular protraction. Place your hand between your patient's hand and their face, just in case they don't have enough eccentric control of the triceps to control elbow flexion. In some cases, you'll feel the eccentric control of the triceps immediately. In other cases, you may not feel the triceps begin until the arm is at 90° of elbow flexion.





Facilitation of Concentric Control of the Triceps

After facilitating eccentric control of the triceps in supine, try facilitating concentric control. Begin with the elbow in full flexion. Have your patient "reach for the ceiling" and straighten their arm. This position is requiring your patient to extend the elbow against gravity. If this is too difficult, they can try while in a seated position, with gravity eliminated.

Notes:			