

⌘5 Pause and Practice:

Modified Upper Extremity Weight Bearing



This is another example of Preparing for Function by putting muscles on length and weight bearing over the involved side.

This is especially good if your patient is fearful or has poor trunk control in sitting.

Starting Position

- Begin with your patient sitting with weight equally distributed over both hips. The feet are placed flat on the floor.

Handling

- Place their involved hand on your leg. This allows you to sit closer to the patient and you can also feel how much weight they are putting into their hand.
- With one hand, reach around the lower arm and support just above and behind the elbow. With your hand placed on the triceps, gently externally rotate the humerus. This helps to keep the alignment of the shoulder correct and doesn't allow them to "cave in" or "hang" on their shoulder.
- Next, reach around their trunk to the non-involved side. Gently cue them at the hip, from their non-involved side, to shift weight toward the hemiplegic side. Your arm gives support through their lumbar area.