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If you are unhappy with the advice you have been given by your GP, consultant, or another healthcare professional, you may ask for a second (or further) opinion.

The evidence used in the preparation of this leaflet is available on request. Please email: patient.information@salisbury.nhs.uk if you would like a reference list.

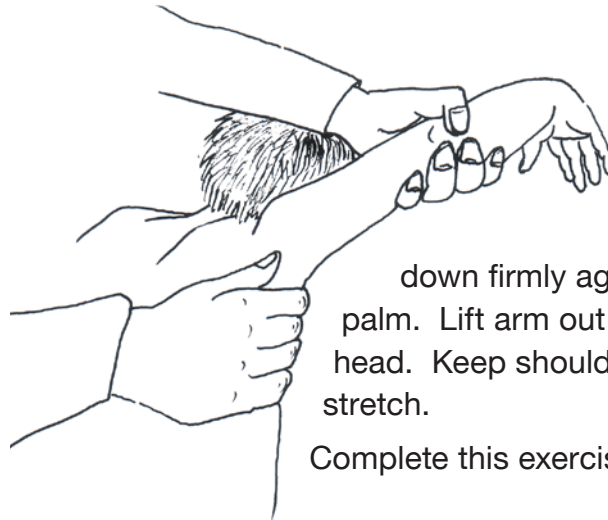
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Erb's Palsy - Home Stretching Programme (page 1 of 2)

Your physiotherapist will let you know which stretches are suitable for your baby and how often you should complete them.

Lie baby on back. Gently bend both arms at the elbows and keep elbows tucked into side of body. Roll arms outwards and down toward surface.

Complete this exercisetimesa day

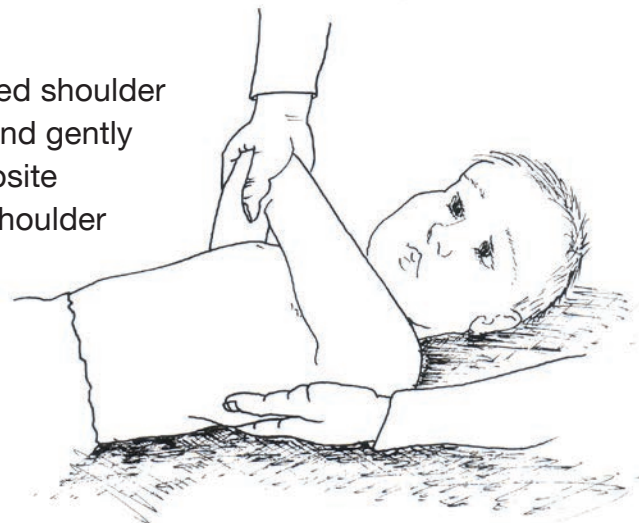


Lie baby on unaffected side. Hold affected shoulder blade down firmly against chest wall with thumb and palm. Lift arm out to side and stretch up towards head. Keep shoulder blade fixed throughout the stretch.

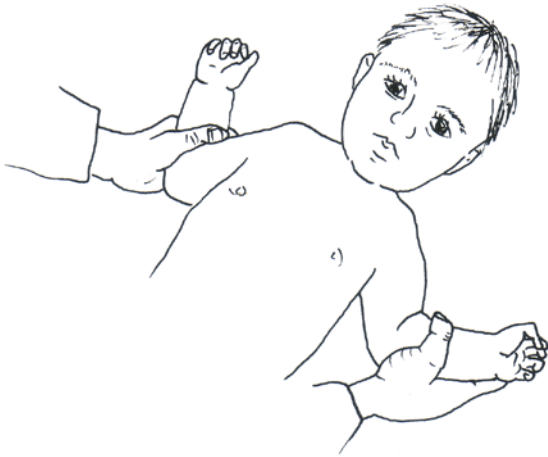
Complete this exercisetimesa day

Lie baby on back. Hold affected shoulder blade firmly to the chest wall and gently stretch arm across to the opposite shoulder. Keep the elbow at shoulder level.

Complete this exercisetimesa day

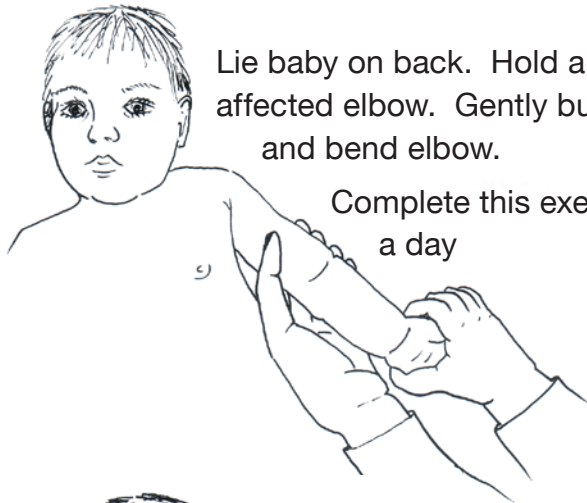


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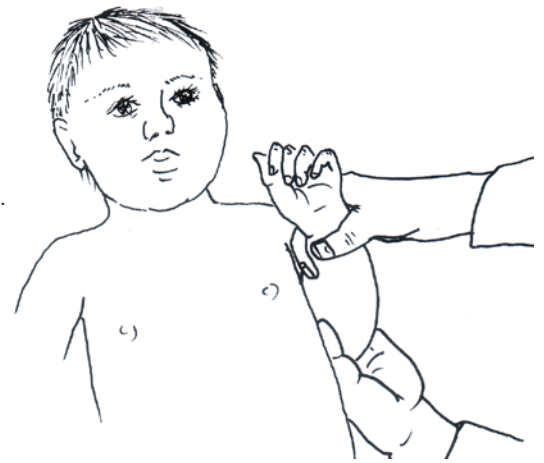
Lie baby on back. Hold elbows bent by sides. Slide arms up to head. Keep arms as near to the bed as possible.

Complete this exercise times.....a day



Lie baby on back. Hold above and below affected elbow. Gently but firmly, straighten and bend elbow.

Complete this exercise times..... a day



Lie baby on back. Hold affected elbow bent, with one hand supporting above elbow and the other around the wrist. Turn palm upwards and then downwards.

Complete this exercise times.....a day

Stretch wrist backwards.

Complete this exercise times..... a day

Lie baby on back. Hold affected forearm in one hand and baby's hand in other hand.



Do not over stretch your baby's joints. Ask your physiotherapist if you are not sure how far to take the movement.