

PHYSIOTHERAPEUTIC RECOMMENDATIONS FOR NEWBORNS WITH BRACHIAL PLEXUS INJURIES

Your newborn presently has diminished arm movement. The cause is usually stretching of the nerves in the neck (brachial plexus) during delivery or, more rarely, of the child's intrauterine position.

BASIC ADVICE

Allow the affected limb to rest for the first 7 to 10 days: avoid movements other than those required for everyday care.

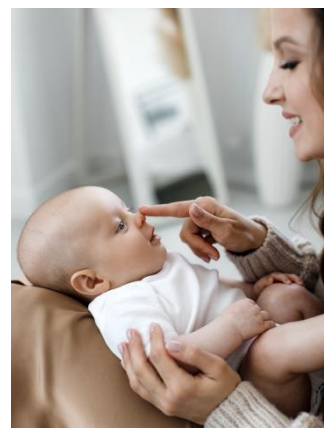
Always properly support the affected limb while feeding or holding your baby. Never let his arm fall to his side.

Place the affected arm in the same manner as you would on the healthy side. Do not tug or pull the baby's arm when lifting him.

GETTING DRESSED: Start with the affected arm.

GETTING UNDRESSED: End with the affected arm.

HYGIENE: You can raise the arm gently to wash the armpit.



FRACTURE

If your physician has informed you that your child also has a fractured clavicle (collarbone), follow these recommendations for a longer period of time, around a month. **Do not position the baby directly on his stomach or on the side of the affected limb** throughout this period. Follow any further recommendations given by the doctor.

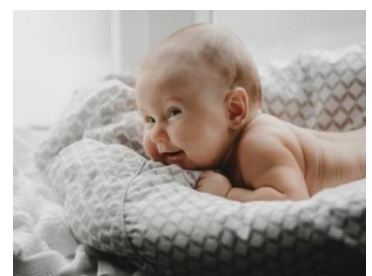
POSITIONING

Varying the baby's position is essential for his healthy development. He might have difficulty moving properly or feeling his arm. You must position him in a proper manner.

ON HIS BACK: Make sure the arms are placed symmetrically and supported on his chest. Avoid leaving the affected arm along his side.



ON HIS BELLY: Lay the baby on his stomach a few times a day - briefly - when he wakes up, always under supervision. Make sure the affected arm is properly positioned beneath his body. You can also place the baby on you, body to body.



ON THE SIDE: Place the baby **slightly** on his side and under supervision (alternating sides) when he is awake. Make sure that both his hands are in front of him and that the affected arm is not beneath his trunk. A tiny roll placed behind his back - always under supervision - will help him maintain this position.



IN THE CAR SEAT: Use a rolled-up blanket to support his arm (always under supervision when adding accessory to the car seat).



PREVENTING PLAGIOCEPHALY: To prevent your child from developing a flat skull in the back of his head, make sure that he spends as much time with his head turned to the right and to the left throughout the day.



STIMULATION THROUGH TOUCH

Your baby may have reduced sensation in the affected limb. It is important to stimulate his arm by touching it with different textures (face cloth, moisturizing cream, blanket) a few times daily.

You can raise his hand gently toward his mouth, then bring both his hands together to provide him with stimulation to arouse awareness of his hands.



RECOVERY

In most cases, a gradual and spontaneous recovery will occur. If you notice an improvement in the movement of the affected arm, let him move it freely.

PHYSIOTHERAPY



Your baby's appointment with the physiotherapist at the outpatient clinic is extremely important. The injury and your child's development will be monitored, and you will be given patient education for the appropriate exercises.

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