



CIBD

Center For Inherited Blood Disorders

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Anterior Upper Arm Bleed

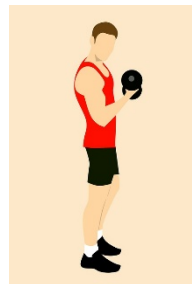
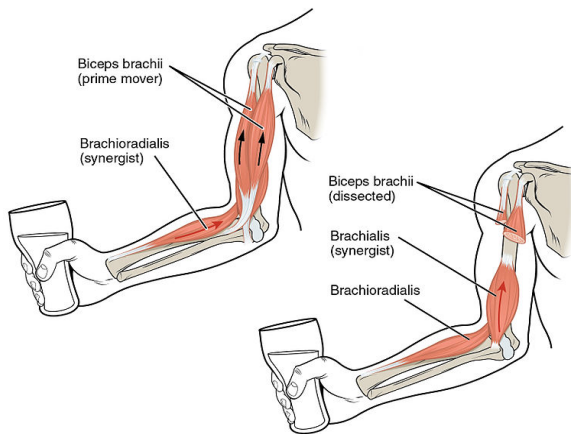
Location: 3 muscles in the front of the upper arm, 2 Bicep muscles with Brachialis underneath
Starts at or above the shoulder
Attaches ending below the elbow

Actions:

Bends the elbow

Helps lift arm above your head

Wikimedia commons

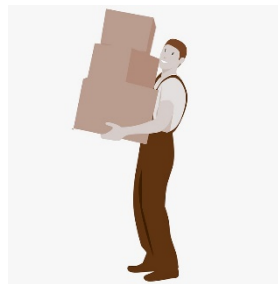


Max Pixel.com



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Assist with lift, carry, and pulling



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Activity Limitations/Recommendations

- Avoid straightening the elbow
- Avoid reaching forward or overhead
- Don't use that arm to lift, carry, or pull any object
- Use the non-bleed side for everyday activities
- Use an arm sling to support arm and rest the muscles
- Place hand in jacket or pants front pocket to rest the arm

Signs of Nerve and Circulation Damage: Seek Medical Attention ASAP

- | | | |
|------------------|--------------------------|------------------|
| Severe Pain | Severe Swelling | Skin Feels Cool |
| Numbness | Tingling or Prickling | Leg Feels Asleep |
| Loss of Strength | Unable to tighten muscle | Leg Feels Weak |