



CIBD

Center For Inherited Blood Disorders

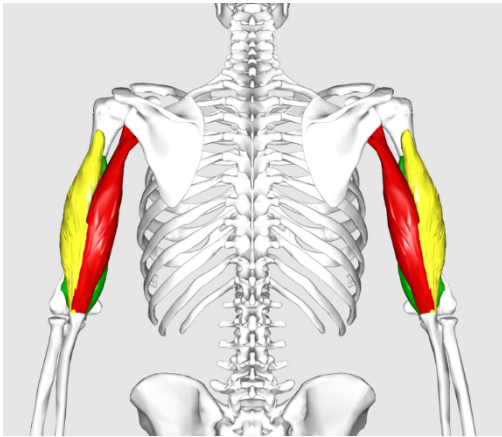
CIBD Clinic
1010 W La Veta Ave
#670
Orange, CA 92868
P: 714-221-1200
F: 714-221-1299

info@c3dibd.org

Posterior Upper Arm Bleed

Location: 3 muscles in the back of the upper arm
Starts at or above the shoulder
Attaches behind and below the elbow

Wikimedia.Commons (3 colored muscle bellies)



Actions:

Straightens the elbow



Pixabay.com

Helps move arm back



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Pushing



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Supports body leaning on hands



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Activity Limitations/Recommendations

Avoid bending the elbow
Don't forcefully straightening the elbow
Avoid reaching overhead or behind
Don't use that arm to push
Don't lean on your hand
Use the non-bleed side for everyday activities
Okay to let arm hang down by side

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