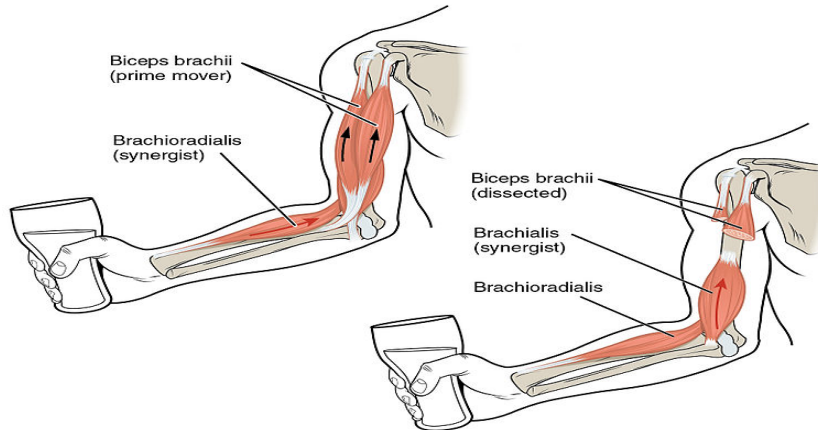


## Anterior Upper Arm Bleed

**Location:** 3 muscles in the front of the upper arm starting at or above the shoulder  
2 Biceps muscles with Brachialis underneath, which all end below the elbow.



### Actions:

Bends the elbow    Helps lift arm above your head

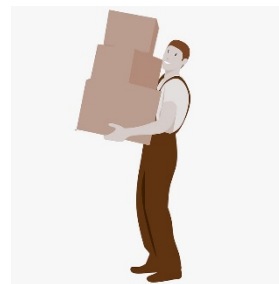


Max Pixel.com

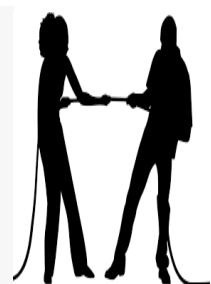


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Assist with lift, carry, and pulling



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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   |