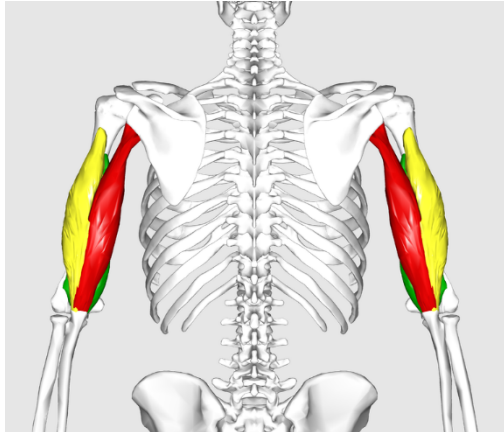


Posterior Upper Arm Bleed

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



Wikimedia.Commons (3 colored muscle bellies)

Actions:

Straightens the elbow



Pixabay.com

Helps move arm back



Pixabay.com

Pushing



Pixabay.com

Supports body leaning on hands



Pixabay.com

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