



CIBD

Center For Inherited Blood Disorders

CIBD Clinic
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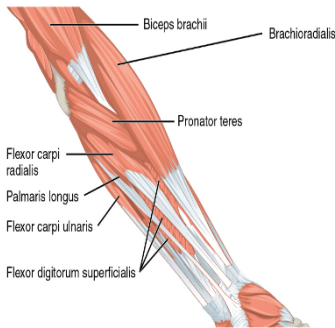
Forearm Muscle Bleed

Location:

Lower part of the arm most start above the elbow

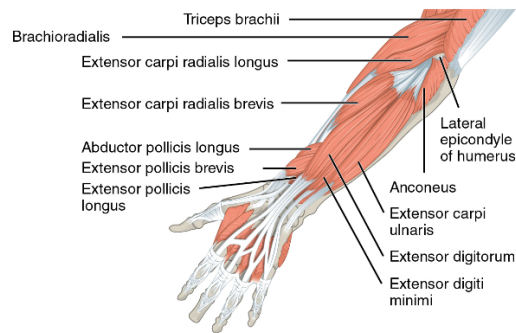
Attach ending at the wrist or to hand/fingers

Front of forearm muscles = Flexors



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Back of forearm muscles = Extensors



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Actions: Flexors = Bend wrist and fingers

Make fist

Pinch

Grip



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Extensors = Straighten wrist and fingers

Small finger motions

High five



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Activity Restrictions/Recommendations

Avoid using that hand to grip or pinch

Avoid moving your wrist up or down especially with fingers straight

Avoid using any electronic devices with injured arm: mobile phone, video games, or use computer

Avoid repetitive finger motions like typing

Use non injured side for most everyday activities

Use arm sling or wrist support to rest muscles

Can place hand in jacket or pants front pocket to rest muscles

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