



Pediatric Physical Therapy Services, PLLC

Excellence and Experience

Brachial Plexus Injury

General information about Brachial Plexus Injury

The Brachial Plexus is a nerve bundle on the side of the neck that if injured causes weakness of many muscles in the arm and shoulder. There are varying degrees of injury to the nerves and the degree of injury will determine the need for treatment and the outlook for recovery.

It is important for parents to know how to help the baby with a brachial plexus injury. Finding specialists who routinely works with children with brachial plexus injuries is key to knowing what kind of intervention to seek and when.

A physical therapist with special knowledge about brachial plexus injury can help parents learn how to maintain healthy muscles and joints as well as how to help the baby learn how to use the injured arm as function returns.

Therapy interventions for brachial plexus injury

- Range of motion exercises to maintain muscle and joint mobility
- Sensory stimulation to help baby use the arm and hand
- Stimulation of motor development
- Joint protection (bracing)
- Muscle stimulation technologies (older children)



Newborn infant with a left-sided brachial plexus injury

Therapy for children with brachial plexus injury is play-based. Parents learn multiple strategies for helping their child to improve function of the weak arm.

Pia Stampe, PT, DPT is a nationally recognized specialist in treatment of brachial plexus injuries.



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