

Upper Extremity Weight Bearing

Weight bearing through the upper extremity is most often accomplished in young children through gross motor transitions and movement. Encouraging the arm(s) to support the child's body weight can help strengthen the muscles of the shoulder, elbow, wrist and hand.

- Side lying over the elbow and forearm
- Prone on elbows by lying on stomach and propping up on elbows positioned below the shoulders. Encourage reaching by placing objects in front or challenge to cross midline or reach, at or above shoulder height to encourage weight shifting over the arm below. If this position is too difficult, position a partially deflated beach ball or small pillow under the child's chest to help raise their shoulders higher than their hips.
- Side sitting over an extended arm
- Standing and leaning over your extended arm while playing a reaching game with the other arm
- Encourage use of both arms to push up from a chair into a standing position or use arms to stabilize self with when standing at a table
- Wheel barrow walking
- Crawling
- Wall push-ups in standing or floor push-ups
- Scooterboard using your arms to propel
- Yoga – downward dog reaching hands to floor in
- Standing, side or front plank by lifting hips off floor
- Cart wheel, hand stand

Perform ____ activities for ____ minutes per day using the left hand right hand

Therapist: _____ Date: _____