

Information for Patients
Obstetric Brachial Plexus Palsy
(Erbs Palsy)
Information for Secondary Schools
Regarding PE and Games Lessons
Physiotherapy Service

Obstetric Brachial Plexus Palsy (OBPP), otherwise known as Erbs Palsy, occurs when the nerves in the neck and arm are damaged during birth. The muscles controlled by the injured nerves are unable to work properly and remain weak. Most nerves heal in time but many teenagers have ongoing problems with weakness and limited movement of their arm, and difficulties with balance and coordination.

Do:

- Encourage participation by simplifying or adapting activities where necessary
- Promote 2 handed activities, despite limited dexterity of the affected
hand/arm
- Allow extra time (and occasionally assistance) for dressing and undressing
- Use crash mats when working above floor level to ensure safety
- Modify throwing / catching activities by changing the ball's size, weight or texture
- Supervise activities needing a strong grip, and add extra material around the handle of rackets, bats and hockey sticks if the student has a weak grip

- Modify swimming strokes if necessary



Do not:

- Lift weights or carry very heavy objects
- Hang or climb

For further information please contact the physiotherapist named below who will be happy to advise you.

Physiotherapist's name:

Base:

Contact telephone number: