

## Making Life Easier

Since this injury limits abilities in one or both arms performing ordinary tasks (such as cooking) can be difficult. The good news is that there are many items that can make life just a little easier.



Ever thought of looking at all the gadgets available that make one handed use possible while shopping? The next time you go shopping, check out the kitchen

section and look for rubber/silicone coated cutting boards, mixing bowls ect. When shopping for winter items, check out the glove mitten combos, they have been bpi community suggested.

For more great ideas and community suggested useful items download the Fall 2006 issue of Outreach magazine on the UBPN web site.

Also, the UBPN web site has a helpful link to our Amazon store with wonderful "one-handed" items.



## The United Brachial Plexus Network would like to remind you that:

- An obstetrical brachial plexus injury is not the end of the world; it is a beginning to a new more creative world!
- Remember that you are never alone in this injury and that you can do anything that you put your mind to!
- Do not let yourself feel like you are not as good as other people because you have an injury. You are every bit as good as any other person. You should never have to hide your injury!
- Education is key to prevention. Help spread awareness and stop a preventable injury from occurring.

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**United Brachial  
Plexus Network, Inc.**

32 William Road

Reading, MA 01867

Phone: 781-315-6161

Web Site: <http://www.ubpn.org>

# Obstetrical Brachial Plexus Injuries:

*What you  
should know.*

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## Future Treatment

It is never too late to seek a second opinion. You may have options available to you whether they are surgical or therapeutic. Seeking treatment could improve your quality of life. The UBPN web site provides a medical resources page, which can assist you find a local provider.

Along with the physical symptoms, many people also carry emotional symptoms. The United Brachial Plexus Network has message boards available for support. You can meet and exchange information with others with injuries, provided a common bond and finding others who can relate to your daily challenges.



People with obstetrical brachial plexus injuries can do anything that they set their minds to...

An obstetrical brachial plexus injury is not a limitation, it is a creativity instigator. Having an injury does not mean that you can not participate in the same activities as your peers; it simply means that you must be creative enough to find a different way to perform the same activity.

Many people with brachial plexus injuries find themselves hiding their injuries and feeling down. You should never have to do this! Brachial plexus injuries are nothing that we asked for so why be ashamed of it? We can use our injuries for good if we do not hide them...

Educate friends and family and even random strangers so we can stop this preventable birth injury!

One challenge you may find is that eventually you might begin to see overuse symptoms in an unaffected or less affected arm. Along with the symptoms of overuse (pain is the big one) come secondary injuries.

Secondary injuries can include but are not limited to: Osteoarthritis, chronic pain, Scoliosis, spinal rotation, Horner's Syndrome, Spinal Stenosis, Carpel Tunnel Syndrome, nerve damage to "good arm," medial and lateral epicondylitis (tennis elbow and golf elbow), cubital tunnel syndrome, tendonitis, and a loss of range of motion.

Not everybody will have these secondary injuries. However, seek treatment when possible if you do begin to see signs of these injuries to prevent further damage and possibly gain relief from symptoms.

