

Upper Extremity Strength and Stability Glossary

4-point: position where the infant is on their hands and knees with their back relatively flat



Distal: located further from the middle of the body; for example, the fingers are distal to the elbow

Proximal: located closer to the middle of the body; for example, the elbow is proximal to the fingers

Upper Extremity: the muscles and bones of the arm, including the shoulder, arm, wrist, hand, and fingers

