

Hand & Wrist Exercises



**Therapy Exercises after a Burn Injury
to the Hand or Wrist**

Also available in video format, see back page.

Therapy Exercises after a Burn Injury to the Hand or Wrist

Therapy and exercise

It is important to exercise your joints after a burn injury. If the skin over or near a joint has been damaged by a burn, it has the potential to become tight and eventually contract.

A contracture is a lack of movement at the joint and this will happen if it is not exercised regularly. This could lead to the joint becoming stiff and limiting your everyday activities. It is always better to prevent a joint contracture than it is to treat it. If a contracture develops, further surgery may be required.

Your exercises

During your treatment you will have carried out some exercises with the therapist.

It is important that you continue your exercises at home.

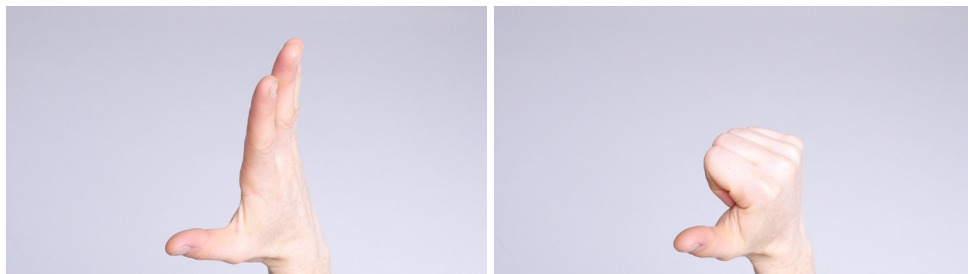
Your exercises should be carried out little and often throughout the day to prevent stiffness. Using your limbs for normal daily activities such as eating and drinking, and getting washed and dressed will help maintain movement and reduce stiffness.

When your burn has healed, use an unperfumed cream to moisturise and massage the area 2-3 times a day to keep your skin supple. This will help with your stretches at home. It is very important that the old cream is washed off before applying more.

Range of movement exercises - Fingers

Return to the starting position for all exercises

Exercise 1 (Composite finger flexion and extension)



Bend your affected fingers into a fist and then straighten your fingers.

Repeat ____ times.

Exercise 2 (MCP flexion)



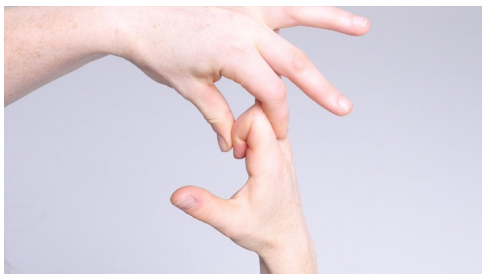
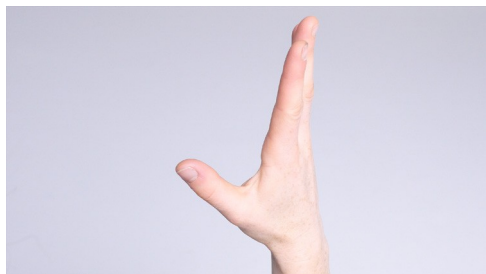
Bend all the fingers down at the knuckles. Using the other hand bend each finger and press downwards, keeping the rest of the finger straight.

Hold this position for ____ seconds.

Then straighten your finger. Repeat the exercise on all of your fingers.

Repeat ____ times.

Exercise 3 (PIPJ flexion)



Bend your affected finger at the middle joint.
Use your other hand to increase the bend.

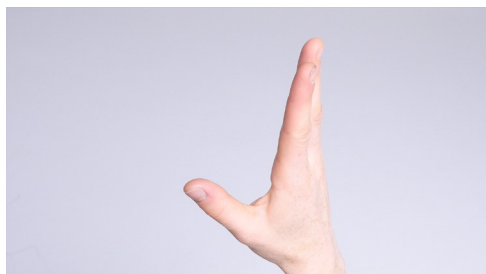
Hold this position for ____ seconds.

Then straighten your finger.

Repeat the exercise on all of your affected fingers.

Repeat ____ times.

Exercise 4 (DIPJ flexion)



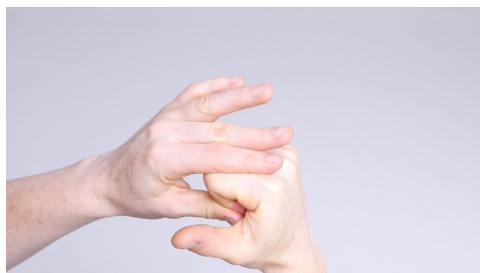
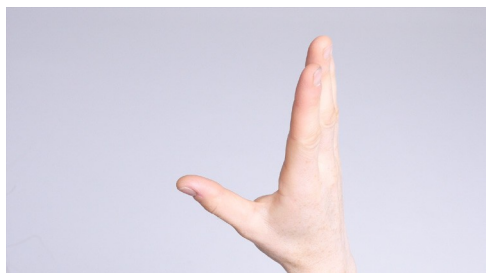
Using your other hand, bend the tip of your affected finger keeping the rest of your finger straight.

Hold this position for ____ seconds.

Then straighten your finger. Repeat this exercise on all your affected fingers.

Repeat ____ times.

Exercise 5 (Composite passive finger flexion)



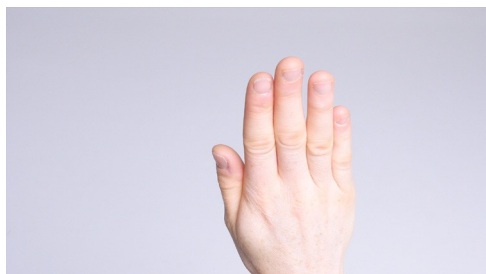
Bend all the joints of the affected fingers so that the tips tuck into the palm forming a fist. Using the other hand push the tip of each finger into the palm as far as it will go.

Hold this position for ____ seconds.

Then relax your finger.

Repeat ____ times. Repeat this exercise on all your affected fingers.

Exercise 6 (Finger abduction)



With your fingers straight, spread your affected fingers apart. Then use the other hand to separate the fingers further. Increase the stretch each time.

Hold this position for ____ seconds.

Then relax your fingers.

Repeat ____ times. Repeat this exercise between all your affected fingers.

Exercise 7 (Finger extension)



With your elbow resting on a table and your hand in the air, straighten your affected fingers as much as you can. Then, using the same finger on your other hand, bend your finger back until you feel a stretch.

Hold this position for ____ seconds.

Then relax your fingers.

Repeat ____ times.

Exercise 8 (Palmar abduction)



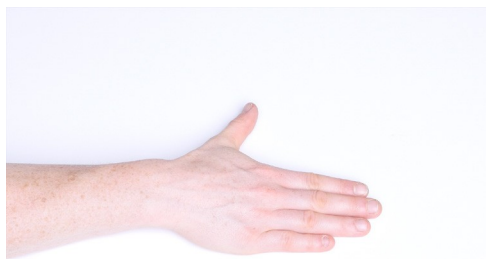
Place your affected hand on a table, resting on the outer edge of your little finger. Keeping your fingers straight move your thumb sideways away from your fingers as far as you can. Using the other hand pull the thumb to increase the stretch.

Hold this position for __ seconds.

Then relax your thumb.

Repeat ____ times.

Exercise 9 (Radial abduction)



Place your palm flat down on a table.

Move your affected thumb sideways away from your fingers as far as you can. Using the other hand pull the thumb sideways increasing the stretch.

Hold this position for ____ seconds. Then relax your thumb.

Repeat ____ times.

Exercise 10 (Opposition)



Move the affected thumb to the tip of your index finger, then to each fingertip one by one.

Slide your thumb down to the base of your little finger. On reaching the base of the little finger, use the other hand to push the thumb down further.

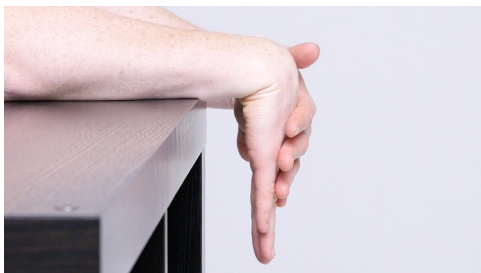
Hold this position for ____ seconds. Then relax your thumb.

Repeat ____ times.

Range of movement exercises - Wrist

Return to the starting position for all exercises

Exercise 11 (Wrist flexion)



Rest your forearm on a table with your hand over the edge. Bend your affected wrist down towards the floor. Then using your other hand gently push increasing the stretch.

Hold this position for ___ seconds.

Then relax your wrist.

Repeat ____ times.

Exercise 12 (Wrist extension)



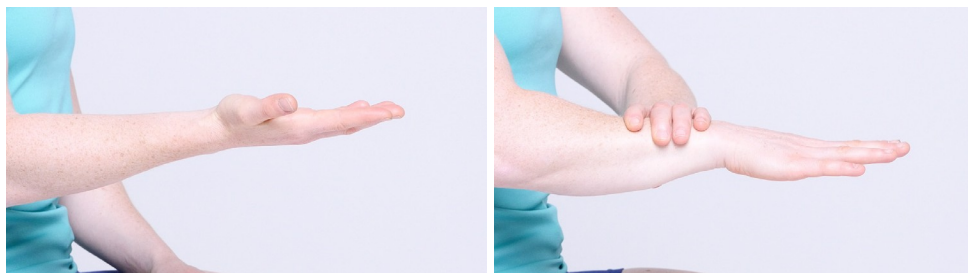
Rest your forearm on a table with your hand over the edge. Bend your affected wrist backwards. Then using your other hand gently pull back increasing the stretch.

Hold this position for ____ seconds.

Then relax your wrist.

Repeat ____ times.

Exercise 13 (Pronation)



Bend your affected elbow at your waist and turn your palm down so it faces the floor. Use your other hand to turn your palm further until you feel a stretch.

Hold this position for ____ seconds.

Then relax your forearm.

Repeat ____ times.

Exercise 14 (Supination)



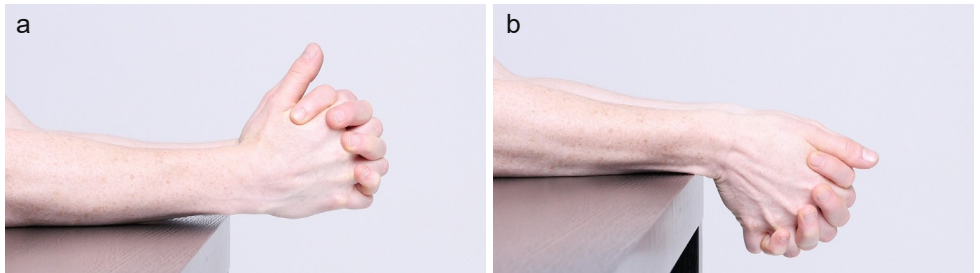
Bend your affected elbow at your waist and turn your palm up so that it faces the ceiling. Use your other hand to turn your palm further until you feel a stretch.

Hold this position for ____ seconds.

Then relax your forearm.

Repeat ____ times.

Exercise 15 (Wrist deviation)



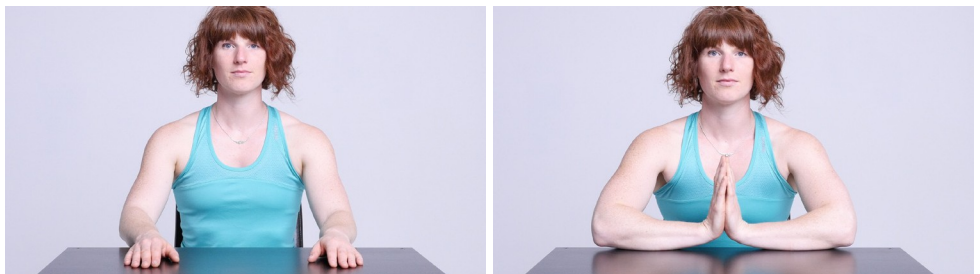
Resting your forearms on the edge of a table with your hands over the edge.

Clasp your hands together and move your wrists up (a).
Hold this position for ____ seconds.

Move your wrists down (b).
Hold this position for ____ seconds.

Return to the start position. Repeat ____ times.

Exercise 16 (Bilateral wrist extension)



Sitting at a table, put your palms together, with elbows resting on the table slide your elbows outwards to bring your forearms onto the table. Aim to get your forearms as close to the table as possible.

Push your palms together for ____ seconds.

Then return to the start position.

Repeat ____ times.

Notes

Do you know you can watch an instructional video based on this leaflet online?

Simply scan the quick recognition (QR) code **here**
or
go to our You Tube Channel:

<https://tinyurl.com/2xupm3u7>



To read the QR code, you'll need to download a free QR reader application for your smartphone or tablet device.

Go to the app store and search "QR reader"
After installing the QR Reader application, scan the QR code using the application.



How to contact us

If you have any problems or queries please do not hesitate to contact:

Named Therapist: _____

Telephone: _____

Northern Burn Care Operational Delivery Network
Physiotherapist and Occupational Therapy Service Development Group
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