

Hip Exercises



**Therapy Exercises after a Burn Injury
to the Hip**

Also available in video format, see back page.

Therapy Exercises after a Burn Injury to the Hip

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 walking will help maintain movement and reduce stiffness.

When you are lying in bed, it is important that you keep your leg elevated on pillows. Your therapist will discuss this with you.

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

Exercise 1 (Hip flexion)



Lie on the floor or bed with both legs straight.

Bring the affected leg towards your chest, then put your arm around your knee and bring closer to your body until you feel a stretch.

Hold this position for ____ seconds. Then relax by straightening your leg.

Repeat ____ times.

Exercise 2 (Prone hip extension)



Lie on your front with your head resting on your hands.

Keeping your knee straight, lift your affected leg up towards the ceiling. You may bend your knee if this is easier.

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

Repeat ____ times.

Exercise 3 (Assisted hip extension)



Lie on your front with your head resting on your hands.

The assistant lifts the affected leg upwards keeping the hip in contact with the floor with their other hand.

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

Repeat ____ times.

Exercise 4 (Hip abduction)



Lie on the floor or bed with both of your knees bent with your feet hip width apart. Allow your affected leg to fall out to the side as far as it can go.

Hold this position for ____ seconds. Then relax your leg, returning to the start position.

Repeat ____ times.

Exercise 5 (Hip abduction)



Lie on the floor or bed with your legs straight.
Slide your affected leg out to the side as far as you can.

Hold this position for ____ seconds.

Then relax your leg, returning to the start position.

Repeat ____ times.

Exercise 6 (Prone)



Lie on your front with your head resting on your hands.

Hold this position for ____ minutes.

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
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