

Shoulder Exercises



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

Also available in video format, see back page.

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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.

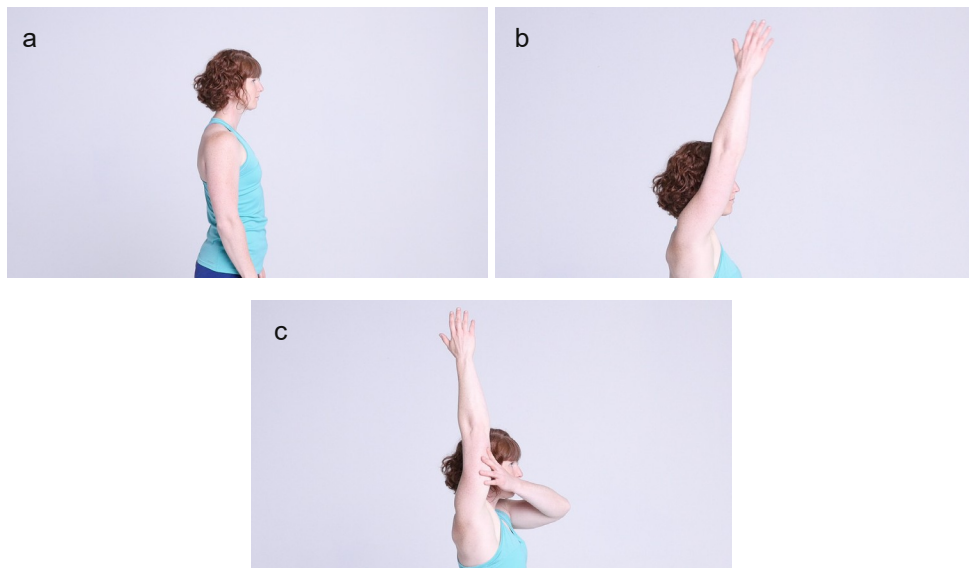
Your exercises should be carried out little and often throughout the day to prevent stiffness. Using your limbs for normal daily activities such as getting washed and dressed will help maintain movement and reduce stiffness.

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

Complete exercises 1 to 4 in a standing or sitting position

Exercise 1 (Shoulder flexion)



Start with your arm down by your side and your elbow straight (a).

Raise your affected arm forward above your head as far as possible (b).

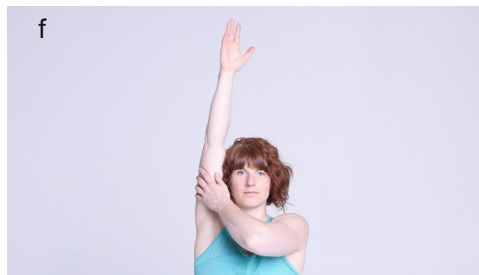
Grasp your arm as shown and push gently as far as you are able until you feel a stretch (c).

Aim to get your upper arm as close to your ear as possible.
Ensure that you do not arch your back

Hold this position for ____ seconds. Then relax your arm and return to the starting position.

Repeat ____ times.

Exercise 2 (Shoulder abduction)



Raise your affected arm out to the side with the thumb pointing upwards (d).

Ensure that your shoulders remain facing forwards and you do not rotate your body.

Raise your affected arm above your head, until you feel a stretch (e).

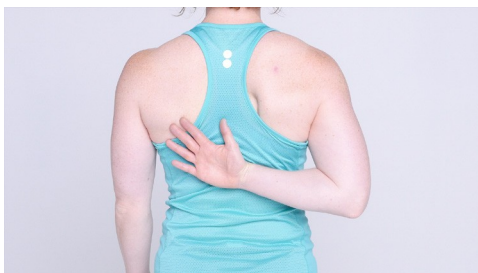
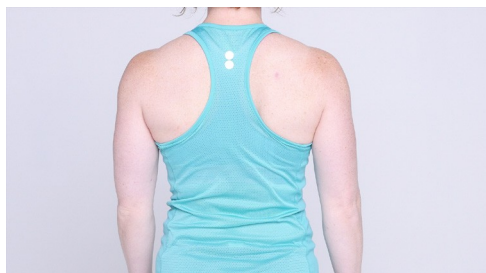
Grasp your arm as shown and push gently as far as you are able until you feel a stretch (f). Aim to get upper arm as close to your ear as possible.

Ensure you do not arch your back.

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

Repeat ____ times.

Exercise 3 (Shoulder medial rotation)



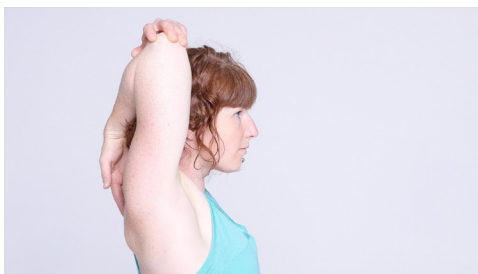
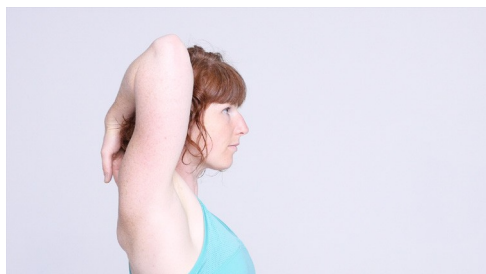
Reach up behind your back with your affected arm.
Slide your hand up your back as far as you are able.
Assist with the other hand if necessary.

Hold this position for ____ seconds.

Then relax your arm returning to the start position.

Repeat ____ times.

Exercise 4 (Shoulder lateral rotation)



Reach behind your head with the hand of your affected arm.
Slide your hand down your back as far as you are able.
Assist with the other hand if necessary.

Hold this position for ____ seconds.

Then relax your arm returning to the start position.

Repeat ____ times.

Complete exercises 5 and 6 lying on your back on a bed or floor, with your knees bent

Exercise 5 (Assisted shoulder flexion)



Clasp hands together. Lift your arms up and over your head, keeping your elbows straight. Aim to touch the bed or floor behind you.

Hold this position for ____ seconds.

Then relax your arms returning to the start position.

Repeat ____ times.

Exercise 6 (Shoulder drop)



Place your hands behind your head/neck with elbows pointing to the ceiling.

Move your elbows apart and down to touch the floor/pillow.

Hold this position for ____ seconds.

Then relax your arm returning to the start position.

Repeat ____ times.

Exercise 7 (Assisted shoulder abduction)



Lying on your side on a bed or floor.

The assistant should raise your affected arm towards your head.

Aim to get your upper arm as close to your ear as possible.

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

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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