

Foot & Ankle Exercises



**Therapy Exercises after a Burn Injury
to the Foot & Ankle**

Also available in video format, see back page.

Therapy Exercises after a Burn Injury to the Foot & Ankle

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 or sitting for a long period, 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

Complete exercises 1-4 sitting on a bed or the floor

Exercise 1 (Plantar flexion)



Point your affected foot and toes down towards the floor.

Hold this position for ____ seconds.

Then relax your foot back to its resting position.

Repeat ____ times.

Exercise 2 (Dorsiflexion)



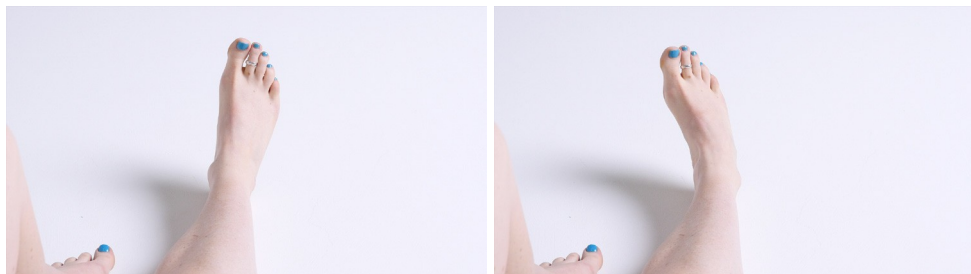
Slowly point your affected foot and toes up towards your knee.

Hold this position for ____ seconds.

Then relax your foot back to its resting position.

Repeat ____ times.

Exercise 3 (Inversion)



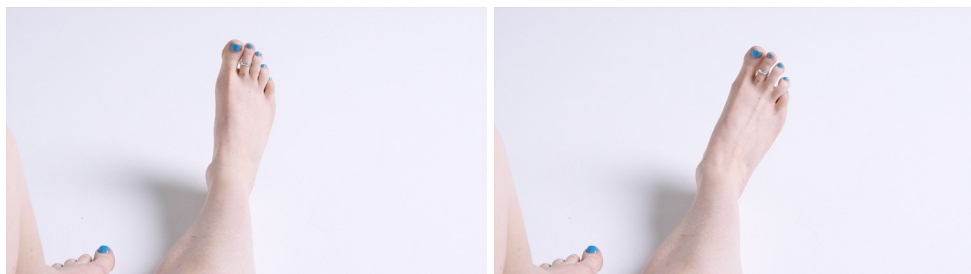
Turn your affected foot inwards so your sole points towards your other leg until you feel a stretch.

Hold this position for ____ seconds.

Then relax your foot back to its resting position.

Repeat ____ times.

Exercise 4 (Eversion)



Turn your affected foot outwards so your sole points away from your other leg until you feel a stretch.

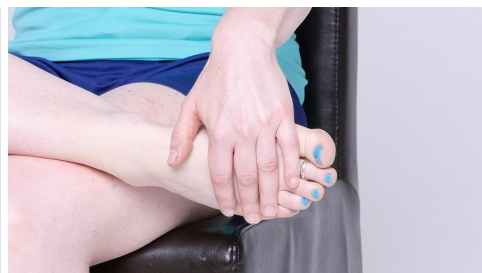
Hold this position for ____ seconds.

Then relax your foot back to its resting position.

Repeat ____ times.

Complete exercises 5-9 sitting on a chair or on the floor

Exercise 5 (Passive plantar flexion)



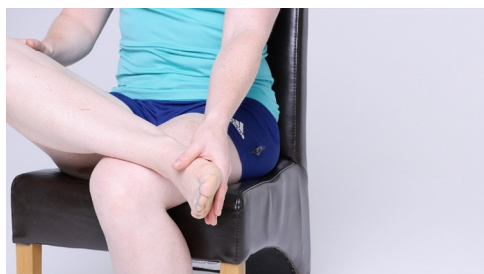
Cross the affected ankle over the other knee. Put one hand on to the top of your foot and use it to point your foot and toes downwards until you feel a stretch.

Hold this position for ____ seconds.

Then relax your foot back to its resting position.

Repeat ____ times.

Exercise 6 (Passive dorsiflexion)



Cross your affected ankle over the other knee. Put one hand under your foot and use it to pull your foot and toes up towards you. Hold this position for ____ seconds.

Then relax your foot back to its resting position.

Repeat ____ times.

Exercise 7 (Passive inversion)



Cross your affected ankle over the other knee. Place your hand so that your fingers are by your little toe and your thumb is by your big toe. Use your hand to pull your foot towards you until you can see the sole of your foot.

Hold this position for ____ seconds.

Then relax your foot back to its resting position.

Repeat ____ times.

Exercise 8 (Passive eversion)



Cross your affected ankle over the other knee. Place your hand by your big toe and your fingers by your little toe. Push your foot so the sole of your foot is facing the floor.

Hold this position for ____ seconds.

Then relax your foot back to its resting position.

Repeat ____ times.

Exercise 9 (Ankle circles)



Complete this exercise in a seated position. If it helps you can cross your affected leg over the other knee.

Circle your ankle one way and then circle again in the other direction.

Repeat ____ times in each direction.

Exercise 10 (Calf stretch)



Complete this exercise sitting on a bed or floor. Place a towel, scarf or the Thera band provided by your therapist around the foot of your affected leg. Pull this towards your body whilst pushing your knee down into the bed or floor, until you feel a stretch down the back of your calf.

Hold this position for ____ seconds. Then relax by releasing the Thera-Band/scarf.

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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