

# Elbow Exercises



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

Also available in video format, see back page.

## **Therapy Exercises after a Burn Injury to the Elbow**

### **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 all exercises either standing or sitting down.

### Exercise 1 (Elbow flexion)



Bend your affected elbow moving your hand towards your shoulder.

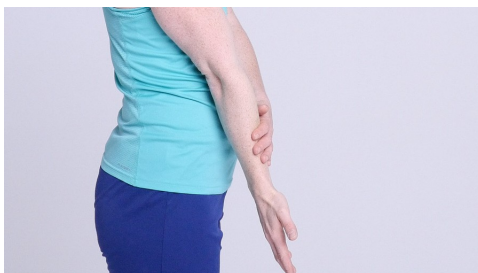
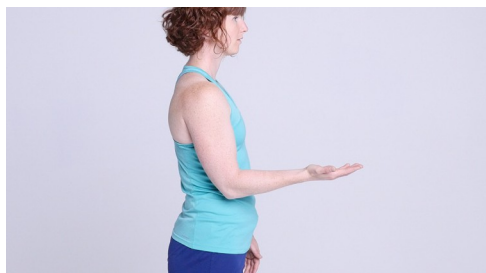
Grasp your wrist with your other hand and push your hand towards your shoulder until you feel a stretch.

Hold this position for \_\_\_\_ seconds.

Return to starting position.

Repeat \_\_\_\_ times.

### Exercise 2 (Elbow extension)



Straighten your affected elbow moving your hand towards your leg.

Grasp your wrist with your other hand and push.

Hold this to straighten your elbow until you feel a stretch.

Hold this position for \_\_\_\_ seconds. Return to starting position.

Repeat \_\_\_\_ times.

### Exercise 3 (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 4 (Supination)



Bend your affected elbow at the 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.



## 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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