

Face & Mouth Exercises



**Therapy Exercises after a Burn Injury
to the Face & Mouth**

Also available in video format, see back page.

Therapy Exercises after a Burn Injury to the Face

Therapy and exercise

It is important to exercise the affected area after a burn injury. If the skin has been damaged by a burn, it has the potential to become tight and eventually contract. This can restrict movement and make it difficult to eat and drink, talk or open and close your eyes. 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 tightness.

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 sitting in a chair looking into a mirror to watch the movement.

Exercise 1 (Wide mouth)



Open your mouth as if to yawn.

Hold this position for ____ seconds.

Then relax this position.

Repeat ____ times.

Exercise 2 (Wide mouth stretch)



Using your fingers, pull the corners of your mouth away from each other.

Hold this position for ____ seconds.

Then relax this position.

Repeat ____ times.

Exercise 3 (Smile)



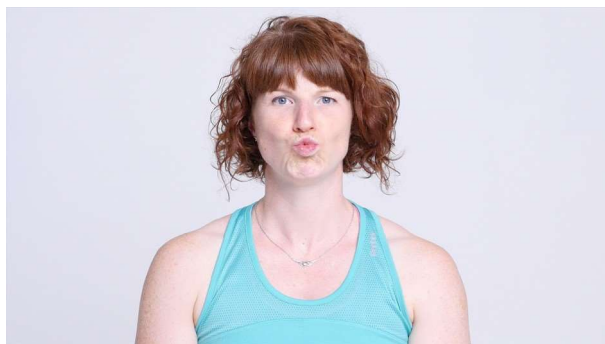
As shown stretch your mouth into a smile.

Hold this position for ____ seconds.

Then relax this position. Return to the starting position

Repeat ____ times.

Exercise 4 (Pout)



Purse your lips together to form a circle, and pout forwards.

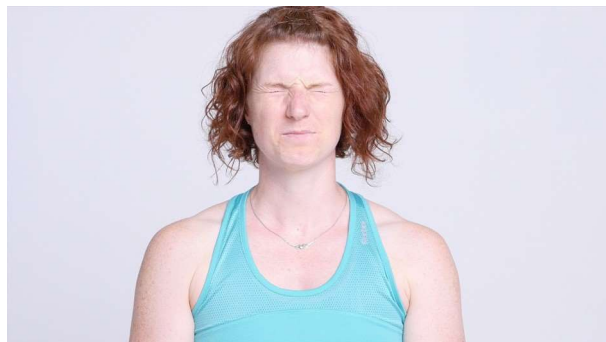
Hold this position for ____ seconds.

Then relax this position. Return to the starting position.

Repeat ____ times.

Therapy exercises after a burn injury near the eyes

Exercise 5 (Eyes tight shut)



Close your eyes tightly.

Hold this position for ____ seconds.

Then relax this position. Return to the starting position.

Repeat ____ times.

Exercise 6 (Eyes open and eyebrows raised)



Open your eyes wide and raise your eyebrows.

Hold this position for ____ seconds.

Then relax this position. Return to the starting position.

Repeat ____ times.

Exercise 7 (Frown)



Lower your eyebrows into a frown.

Hold this position for ____ seconds.

Then relax this 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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