

Knee Exercises



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

Also available in video format, see back page.

Therapy Exercises after a Burn Injury to the Knee

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

Complete exercises 1 and 2 in a lying position starting with legs straight

Exercise 1 (Knee flexion)



Bend the affected leg at the knee so that your foot is flat on the floor (a).

Hold this position for ____ seconds.

Then put your arms around your knee and pull your knee closer to your body until you feel a stretch (b).

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

Repeat ____ times.

Exercise 2 (Knee extension)



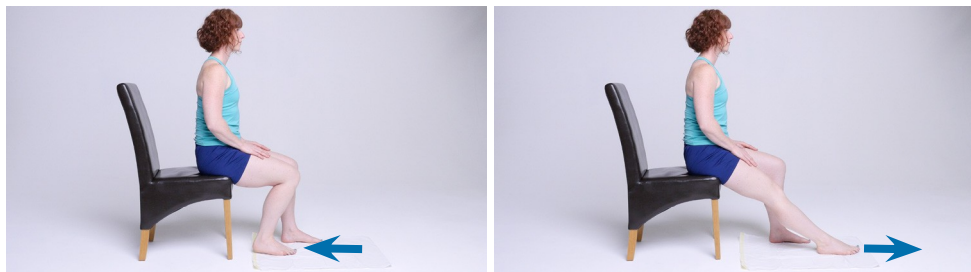
With the affected leg, push the knee down onto the bed or floor.

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

Repeat ____ times.

Complete exercises 3 to 5 in a seated position

Exercise 3 (Sitting knee flexion/extension)



Bend and straighten your affected knee by sliding your foot along the floor. This can be made easier by using a tray or plastic bag under your foot.

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

Repeat ____ times.

Exercise 4 (Assisted knee extension)



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.

Exercise 5 (Relaxed knee extension)



Sit on a chair and place your heel onto a stool or chair, allowing your affected knee to relax and straighten fully.

Hold this position for ____ minutes.

Then relax by taking your leg off the stool or chair.

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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