

Toe Exercises



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

Also available in video format, see back page.

Therapy Exercises after a Burn Injury to the Toe

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 of time, 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 these exercises sitting on a chair or on the floor, after each exercise return to the starting position.

Exercise 1 (Toes flexion/extension)



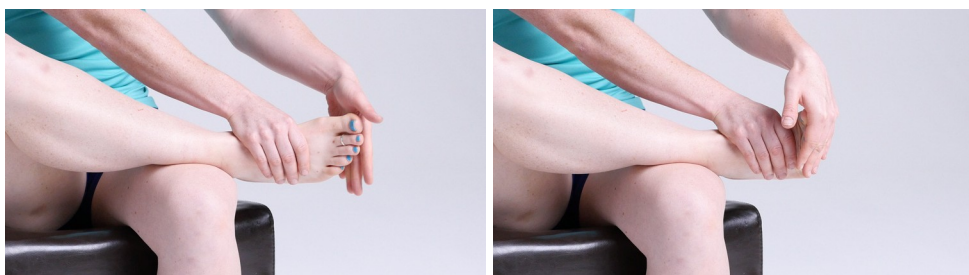
Move your affected toes slowly up and down.

Hold each position for ____ seconds.

Then relax your toes.

Repeat ____ times.

Exercise 2 (Passive toes extension)



Cross your affected ankle over the other knee. Place your hand underneath your toes and pull your toes up towards your knee until you feel a stretch.

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

Repeat ____ times.

Exercise 3 (Toes flexion)



Cross your affected ankle over the other knee. Place your hand on top of your toes and bend your toes down.

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

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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