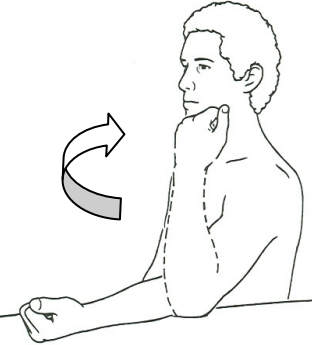
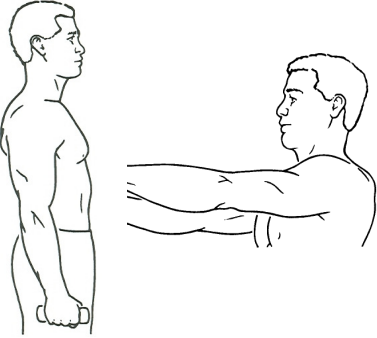
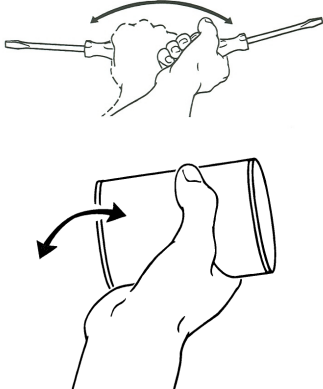
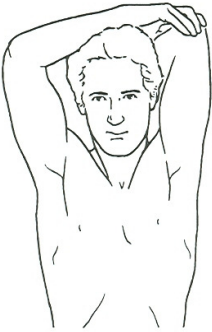
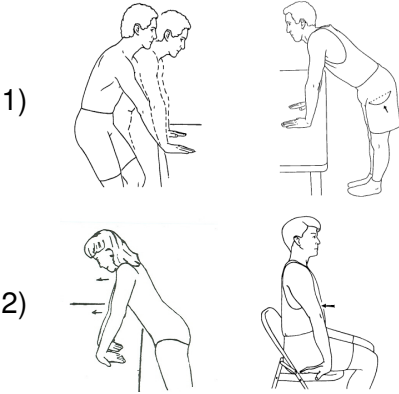
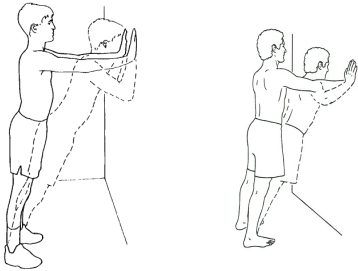
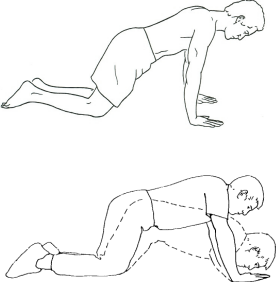
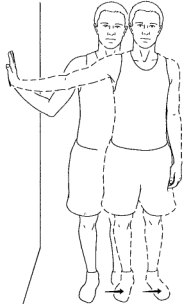
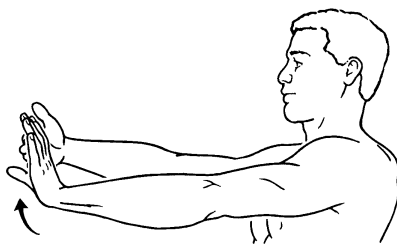


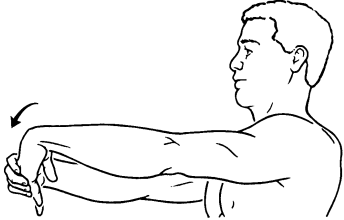
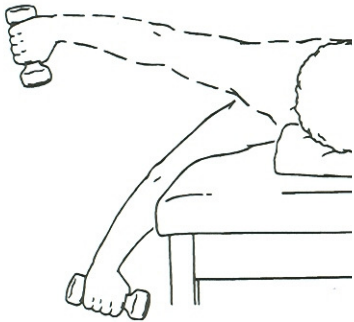
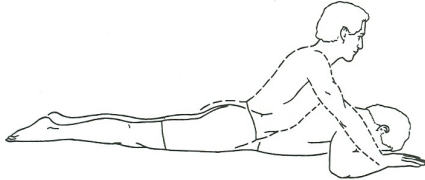
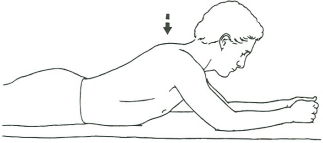
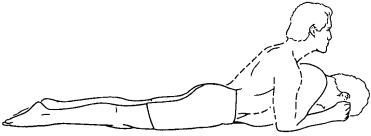
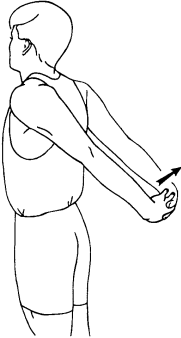
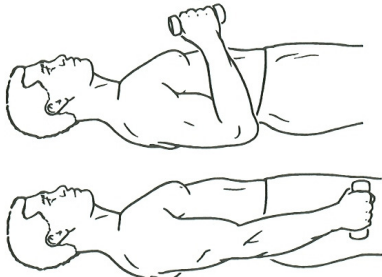
Exercises after Burn Injury to your Elbow

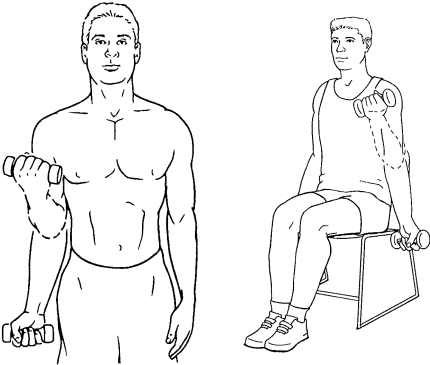
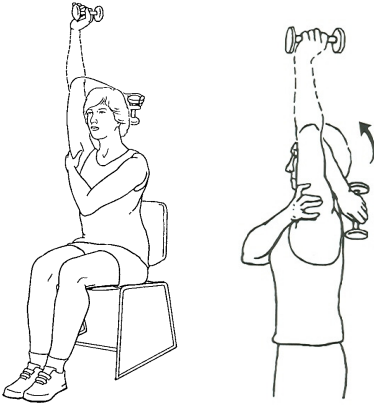
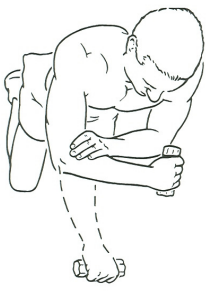
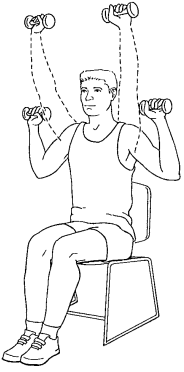
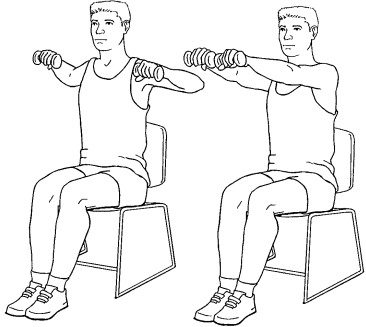
After a burn injury to your elbow, your skin will tighten in an attempt to close and heal the wounds as quickly as possible. During this process it is common for skin contractures (tissue shortening) to develop. Your skin may become tight and this is likely to affect your ability to perform daily activities with your elbow such as holding, carrying, reaching for and manipulating objects.

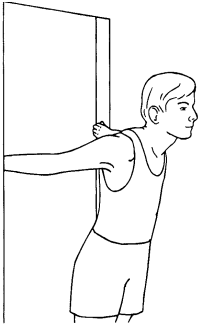

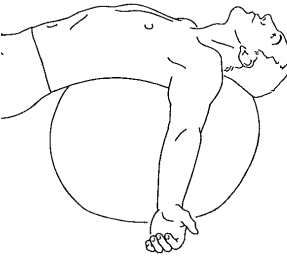
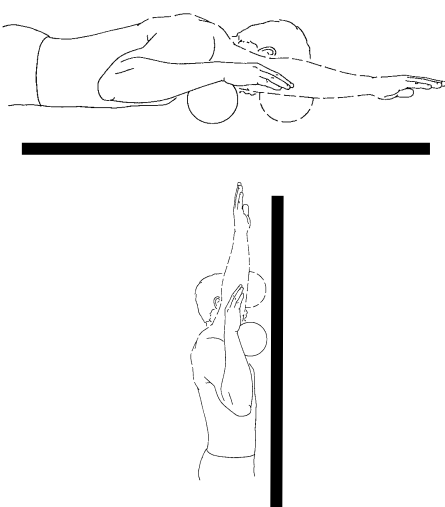
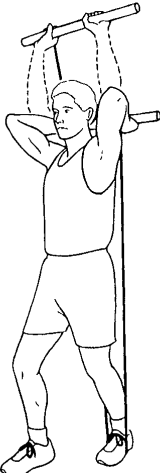
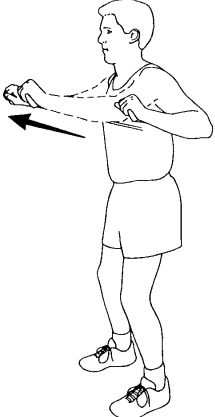
The exercises provided will help to improve the strength of your elbow muscles and stretch the skin around your elbow. This will help prevent skin contractures, reduce skin tightness and restore full movement in your elbow. It is recommended that you perform these exercises regularly throughout the day - **Every hour is ideal but a minimum of 4 to 5 sessions throughout the day.**

☐ Elbow Flexion	☐ Elbow Extension	☐ Supination
		
<p>➤ Sit with arm out straight beside body. Bend elbow to take palm and fingers towards your shoulder. Hold for 1 minute and then straighten.</p> <p>Do 10 times holding for 1 minute</p>	<p>➤ Straighten your elbow fully and hold for 1 minute. You can do this with your arm in front of your body or by your side.</p> <p>Do 10 times holding for 1 minute</p>	<p>➤ Sit with your arm by your side and palm facing downwards. Turn you palm upwards to the ceiling and hold for 1 minute.</p> <p>➤ If you need help you can hold onto a bottle or hammer etc and let the weight of the object stretch your arm over until your palm is facing upwards</p> <p>Do 10 times holding for 1 minute</p>

<input type="checkbox"/> Triceps Stretch	<input type="checkbox"/> Weight Bearing Stretch	<input type="checkbox"/> Wall Push Up
		
<p>➤ With one arm bent behind your head, place the other hand on your elbow and stretch further. Hold for 1 minute</p> <p>Do 10 times holding for 1 minute</p>	<p>➤ 1) Place hands on the bed or table top with fingers facing forward. Lean forward and put weight through your hands to stretch your wrist and straighten your elbows. Hold for 1 minute</p> <p>➤ 2) With palms of hands still on the table top, turn your arms around so that your wrists face forward and your fingers face backwards. Keep your elbow straight. Hold this position for 1 minute.</p> <p>Do 10 times holding for 1 minute</p>	<p>➤ Stand with your hands flat against the wall at shoulder level. Bend your elbows to let your head come close to the wall as if doing a mini push up. Now straighten your elbows out fully.</p> <p>Do 3 sets of 10 repetitions</p>
<input type="checkbox"/> 4 Point Kneel Press Ups	<input type="checkbox"/> Wall Elbow Extension	<input type="checkbox"/> Elbow & Wrist Combined 1
		
<p>➤ Rest on your hands and knees and straighten elbows as much as possible. Now bend your elbows and lower your body down towards the bed. Return to starting position with a push up.</p> <p>Do 3 sets of 10 repetitions</p>	<p>➤ Place one hand on the wall at shoulder height with elbow bent. Fully straighten elbow while keeping palm flat on wall. Hold for 1 minute.</p> <p>Do 10 times holding for 1 minute</p>	<p>➤ Place one arm out in front of you with elbow straight. Use the other hand to help stretch your hand backwards and hold for 1 minute</p> <p>Do 10 times holding for 1 minute</p>

<input type="checkbox"/> Elbow & Wrist Combined 2	<input type="checkbox"/> Triceps Strength in Prone	<input type="checkbox"/> Mini Push Ups
		
<ul style="list-style-type: none"> ➤ Place one arm out in front of you with elbow straight. Use the other hand to help stretch your hand forwards and hold for 1 minute <p>Do 10 times holding for 1 minute</p>	<ul style="list-style-type: none"> ➤ Lie on stomach with your arm over the edge of the bed, weight in your hand. Straighten your elbow and hold for 5 seconds. Slowly lower to starting position. ➤ Progress this exercise by increasing the weight or increasing the number of repetitions. <p>Do 3 sets of 10 repetitions</p>	<ul style="list-style-type: none"> ➤ Lie on your stomach with your hands under your shoulders. Lift your head and shoulders off the bed by straightening your elbows and extending your back. Hold for 10 seconds then lower slowly to the bed <p>Do 10 times holding for 1 minute</p>
<input type="checkbox"/> Prone Resting on Elbows	<input type="checkbox"/> Elbow Extension behind back	<input type="checkbox"/> Elbow Extension with weight
 		
<ul style="list-style-type: none"> ➤ Lie on your stomach resting on your elbows. Hold this position for 1 minute. ➤ You can progress this exercise by bending your elbows further underneath you or bending your elbow to put your hand under your chin. <p>Do 10 times holding for 1 minute or use as a resting position for 20 minutes</p>	<ul style="list-style-type: none"> ➤ Stand with your arms clasped behind your back, straighten your elbows fully and hold for 1 minute. <p>Do 10 times holding for 1 minute</p>	<ul style="list-style-type: none"> ➤ Lie on your back with a weight in your hand. Let your elbow straighten over the edge of the bed with the weight <p>Do 10 times holding for 1 minute or use as a resting position for 20 minutes</p>

<input type="checkbox"/> Biceps Curls	<input type="checkbox"/> Triceps Curls	<input type="checkbox"/> Elbow Press
	<p>1) Above head</p>  <p>2) In front of body</p> 	<p>1) Upward</p>  <p>2) Forward</p> 
<ul style="list-style-type: none"> ➤ Sit or stand holding weight in hand with elbow straight. Bend elbow up and hold for 5 seconds. Now slowly lower out straight. ➤ Progress this exercise by increasing the weight or increasing the number of repetitions <p>Do 3 sets of 10 repetitions</p>	<ul style="list-style-type: none"> ➤ 1) Above Head – Hold arm up above your head close to your ear, elbow bent holding weight behind your head. Now straighten your elbow and hold for 5 seconds. Slowly lower to starting position ➤ 2) In front of body – Hold arm up in front of you with your shoulder at 90 degrees, elbow bent holding weight. Straighten your elbow out in front of body and hold for 5 seconds. Slowly return to starting position. ➤ Progress this exercise by increasing the weight or increasing the number of repetitions <p>Do 3 sets of 10 repetitions</p>	<ul style="list-style-type: none"> ➤ 1) Upward – Start with weights in both hands, elbows bent, hands near shoulders. Now straighten both elbows upward into the air above your head and hold for 5 seconds. Slowly return to starting position ➤ 2) Forward – Start with weights in both hands, elbows bent, hands near shoulders. Now straighten both elbows forward in front of body and hold for 5 seconds. Slowly return to starting position. ➤ Progress this exercise by increasing the weight or increasing the number of repetitions <p>Do 3 sets of 10 repetitions</p>

<input type="checkbox"/> Doorway Elbow Stretch Low	<input type="checkbox"/> Doorway Elbow Stretch High	<input type="checkbox"/> Elbow Stretch over Ball
		
<p>➤ Hold onto door frame and straighten your elbows by stepping through the doorway.</p> <p>Do 10 times holding for 1 minute</p>	<p>➤ Stretch arms with elbows straight high above head on door frame. Lunge through doorway to stretch arms.</p> <p>Do 10 times holding for 1 minute</p>	<p>➤ Lie on your back over therapy ball and stretch elbow out straight. You can use a weight in your hand to help stretch the elbow straight.</p> <p>Do 10 times holding for 1 minute</p>
<input type="checkbox"/> Rolling ball up wall or along bed	<input type="checkbox"/> Theraband Triceps Upwards	<input type="checkbox"/> Theraband Triceps Forwards
		
<p>➤ Lying flat on tummy or standing facing a wall. Start with one arm – elbow bent, with hand on ball near shoulder. Roll the ball up the wall or along bed to stretch elbow out straight. Hold for 1 minute.</p> <p>Do 10 times holding for 1 minute</p>	<p>➤ Start by standing with theraband wrapped around feet and holding the ends in both hands. Now straighten elbows to lift hands up into the air. Hold for 5 seconds and slowly lower to starting position.</p> <p>Do 3 sets of 10 repetitions</p>	<p>➤ Start by standing with theraband wrapped around behind your trunk and holding the ends in both hands. Now straighten elbows to take hands forward in front of body. Hold for 5 seconds and slowly lower to starting position.</p> <p>Do 3 sets of 10 repetitions</p>

Keep score of how often you complete these exercises (Copy this page and use a new sheet every week)

Exercise	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Elbow Flexion							
Elbow Extension							
Supination							
Triceps Stretch							
Weight Bearing Stretch							
Wall Push Up							
4 Pt Kneel Press Ups							
Wall Elbow Extension							
Elbow & Wrist Combined 1							
Elbow & Wrist Combined 2							
Triceps Strength in Prone							
Mini Push Ups							
Prone Resting on Elbows							
Elbow Extension Behind Back							
Elbow Extension with weight							
Biceps Curls							
Triceps Curls							
Elbow Press							
Doorway Elbow Stretch Low							
Doorway Elbow Stretch High							
Elbow Stretch Over Ball							
Rolling ball up wall or along bed							
Theraband Triceps Upwards							
Theraband Triceps Forwards							