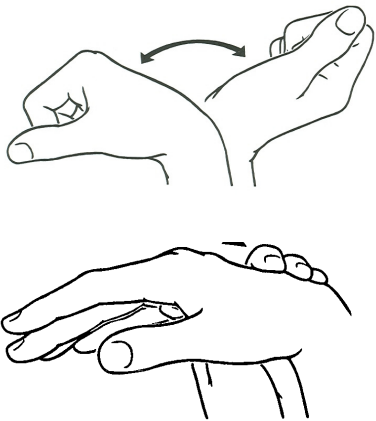
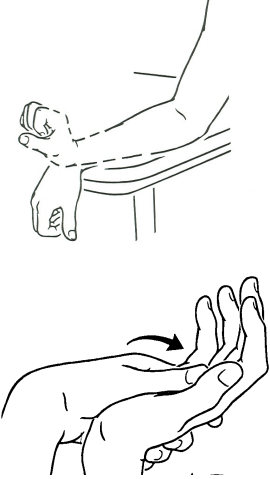
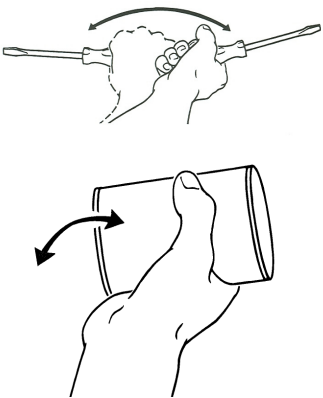

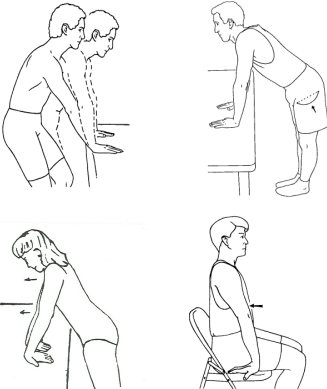
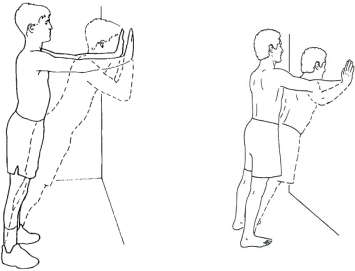
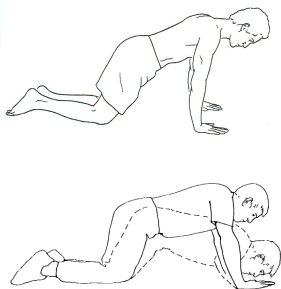
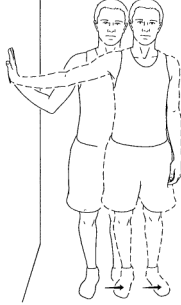
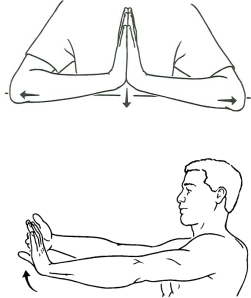


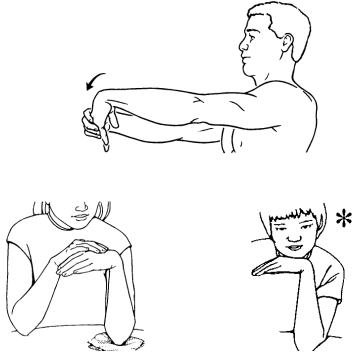
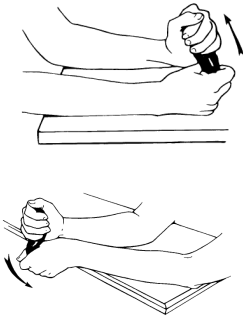
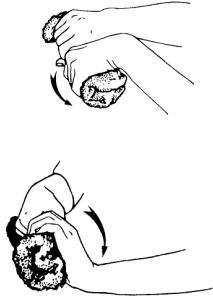
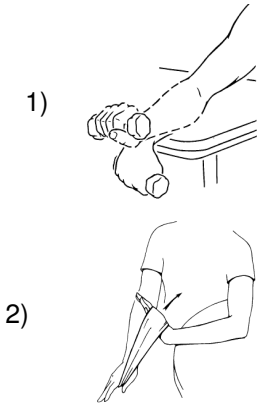
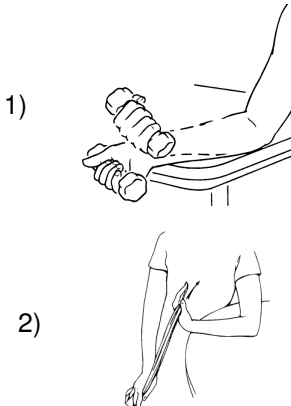
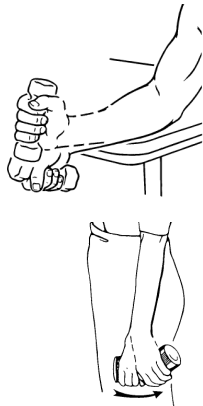
# Exercises after Burn Injury to your Wrist

After a burn injury to your wrist, 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 wrist and hand such as holding, carrying and manipulating objects.

The exercises provided will help to improve the strength of your wrist muscles and stretch the skin on your wrist. This will help prevent skin contractures, reduce skin tightness and restore full movement in your wrist. 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.**

<input type="checkbox"/> Flexion	<input type="checkbox"/> Extension	<input type="checkbox"/> Supination
		
<ul style="list-style-type: none"> <li>➤ Bend your wrist forwards and hold for 1 minute.</li> <li>➤ If you need to help you can use your other hand to provide some assistance to get to full movement at the wrist</li> </ul> <p><b>Do 10 times holding for 1 minute</b></p>	<ul style="list-style-type: none"> <li>➤ Bend your wrist backwards and hold for 1 minute.</li> <li>➤ If you need to help you can use your other hand to provide some assistance to get to full movement at the wrist.</li> </ul> <p><b>Do 10 times holding for 1 minute</b></p>	<ul style="list-style-type: none"> <li>➤ Sit with your arm by your side and palm facing downwards. Turn you palm upwards to the ceiling and hold for 1 minute.</li> <li>➤ 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</li> </ul> <p><b>Do 10 times holding for 1 minute</b></p>

☐ Lateral Deviation	☐ Weight Bearing Stretch	☐ Wall Push Up
 <p>1)</p> <p>2)</p>	 <p>1)</p> <p>2)</p>	
<ul style="list-style-type: none"> <li>➤ 1) With hand flat on the table bend wrist towards the thumb side and hold for 1 minute. Now stretch wrist towards the little finger and hold for 1 minute.</li> <li>➤ 2) Bend your thumb over to the base of your little finger and lock inside your fist. Now bend your wrist in the direction of your little finger and hold this stretch for 1 minute.</li> </ul> <p><b>Do 10 times holding for 1 minute</b></p>	<ul style="list-style-type: none"> <li>➤ 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</li> <li>➤ 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. Hold this position for 1 minute.</li> </ul> <p><b>Do 10 times holding for 1 minute</b></p>	<ul style="list-style-type: none"> <li>➤ 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.</li> </ul> <p><b>Do 3 sets of 10 repetitions</b></p>
☐ 4 Point Kneeling Press Ups	☐ Wall Wrist Extension	☐ Prayer and Wrist Extension
		 <p>1)</p> <p>2)</p>
<ul style="list-style-type: none"> <li>➤ 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.</li> </ul> <p><b>Do 3 sets of 10 repetitions</b></p>	<ul style="list-style-type: none"> <li>➤ Place one hand on the wall at shoulder height with elbow bent. Fully straighten elbow to stretch your wrist and hold for 1 minute.</li> </ul> <p><b>Do 10 times</b></p>	<ul style="list-style-type: none"> <li>➤ 1) Place palms flat together in prayer position. Keep hands together while lifting elbows up to the side. Hold for 1 minute.</li> <li>➤ 2) 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</li> </ul> <p><b>Do 10 times holding for 1 minute</b></p>

☐ Wrist Flexion Stretch	☐ Lateral Deviation Strength	☐ Grip and Twist
		
<ul style="list-style-type: none"> <li>➤ 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</li> <li>➤ You can also bend the wrist with the elbow bent.</li> </ul> <p><b>Do 10 times holding for 1 minute</b></p>	<ul style="list-style-type: none"> <li>➤ Hold theraputty in both hands with one hand on top of the other. Now use the top hand to pull the putty upwards. Use the bottom hand to pull the putty downwards.</li> <li>➤ Now swap hands and repeat.</li> </ul> <p><b>Do 10 times in each direction</b></p>	<ul style="list-style-type: none"> <li>➤ Grip tightly onto a towel with both hands and twist as if wringing it out. Then twist back in the opposite direction.</li> </ul> <p><b>Do 10 times</b></p>
☐ Wrist Extension (Palm Down)	☐ Wrist Flexion (Palm up)	☐ Wrist Lateral Deviation
		
<ul style="list-style-type: none"> <li>➤ <b>1)</b> Hold weight in hand over the edge of the table palm facing downwards. Bend wrist forward as far as possible and hold for 10 seconds. Now lift wrist backward as far as possible.</li> <li>➤ <b>2)</b> Hold hand palm down, wrap theraband around hand and hold it with your other hand below. Lift wrist up as far as possible and hold for 5 seconds.</li> </ul> <p><b>Do 3 sets of 10 repetitions</b></p>	<ul style="list-style-type: none"> <li>➤ <b>1)</b> Hold weight in hand over the edge of the table palm facing upwards. Bend wrist backward as far as possible and hold for 10 seconds. Now lift wrist forward as far as possible.</li> <li>➤ <b>2)</b> Hold hand palm up, wrap theraband around hand and hold it with your other hand below. Lift wrist up as far as possible and hold for 5 seconds.</li> </ul> <p><b>Do 3 sets of 10 repetitions</b></p>	<ul style="list-style-type: none"> <li>➤ <b>1)</b> Rest side of your arm on the table. Hold weight in hand over the edge of the table. Bend wrist sideways over edge of table as far as possible and hold for 10 seconds. Now lift wrist up sideways as far as possible.</li> <li>➤ <b>2)</b> Arm by side with elbow straight, weight in your hand. Bend wrist sideways as far as possible and hold for 5 seconds.</li> </ul> <p><b>Do 3 sets of 10 repetitions</b></p>

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

<b>Exercise</b>	<b>Day 1</b>	<b>Day 2</b>	<b>Day 3</b>	<b>Day 4</b>	<b>Day 5</b>	<b>Day 6</b>	<b>Day 7</b>
<b>Flexion</b>							
<b>Extension</b>							
<b>Supination</b>							
<b>Lateral Deviation</b>							
<b>Weight Bearing Stretch</b>							
<b>Wall Push Up</b>							
<b>4 Pt kneeling Press Ups</b>							
<b>Wall Wrist Extension</b>							
<b>Prayer / Wrist Extension</b>							
<b>Wrist Flexion Stretch</b>							
<b>Lateral Deviation Strength</b>							
<b>Grip and Twist</b>							
<b>Wrist Flexion</b>							
<b>Wrist Extension</b>							
<b>Wrist Lateral Deviation</b>							