

Upper Limb Burn Rehabilitation Group

The Occupational Therapy (OT) upper limb burn rehabilitation group is suitable for inpatients and outpatients with burns to their hands or arms that have mostly healed wounds.

Benefits of the group:

- Maximising independence in activities of daily living (ADL)
- Preparing for return to work
- Managing scar formation to prevent deformity and contracture (skin tightening).
- Supportive social atmosphere to work towards your individual goals.

Participation in the group involves:

- Assessment of joint range of movement, sensation and strength
- Activities focused on grasp and release, fine motor control and object manipulation for completion of daily activities (e.g. writing, eating, dressing)
- ADL retraining using assistive devices where necessary
- Improving endurance with a graded approach to tasks
- Use of practical and electronic rehabilitation tools to suit your occupation, goals and interests

Goal setting:

Together with the OT, you will set personal goals that are specific to your injury and your previous home and work responsibilities.

Activities will be graded to regain or improve your strength and function. Goals are set and re-evaluated as you improve.

Examples of goals you may have:

- Ability to perform daily activities (e.g. Feeding, dressing, showering)
- Work related activities
- Return to driving
- Return to recreational activities e.g. fishing, handicrafts
- Domestic tasks

Your goals may be achieved by:

- Improving joint mobility, strength and coordination
- Increasing endurance and activity tolerance
- Increasing independence in daily activities
- Adjusting to sensory or cosmetic changes

Your goals should focus on activities that are important to you e.g. "increase hand strength and dexterity so I can turn the key to open my door".



Group session times:

- 1 hour, two times per week at 11am
- Tuesday and Wednesday
- OT department, level 2, Dr James Mayne Building RBWH.

Discharge from the group:

Discharge from the OT upper limb burn rehabilitation group will occur when:

- You have become independent with your exercise program
- You have achieved your goals, or
- You are no longer making measurable gains from regular therapy
- You notify the Occupational Therapist that you wish to stop coming to the group.

Should you have any concerns regarding your burns scar management (i.e. silicone, garments, splinting), appropriate follow-up can be arranged via an OT outpatient appointment on Wednesday mornings.

What is expected of you?

- Completing individualised treatment plans in a social setting
- Interaction with individuals at various points of recovery.
- Strong focus on improvement in functional activities identified as being important to individuals.
- Supported transition into home programmes.
- If unable to attend the group, please phone the OT department (ph 3646 7100) to inform the Occupational Therapist.

Please contact your Occupational Therapist if you have any queries or concerns.

Occupational Therapist: _____

Phone: (07) 3646 7100