

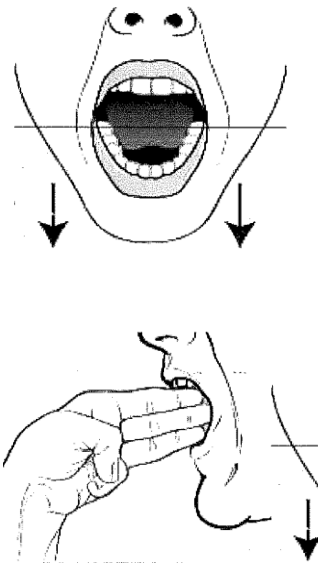


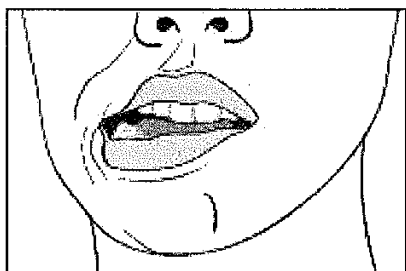
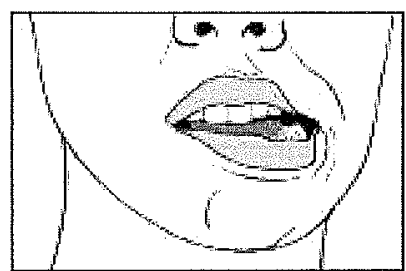


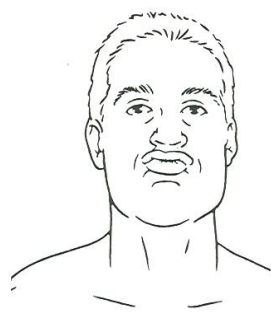
Exercises after Burn Injury to your Face





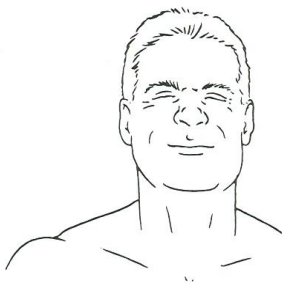



A) Stretching Activities

Stretches should be completed **4 to 5 times per day**. **Hold each stretch for 1 minute** at the maximum range of motion for the best effect. Follow your stretches with some of the functional activities from Section B).

Scan the QR code to watch videos of the exercises

| □ 1. Mouth Opening | □ 2. Smile / Grin | □ 3. Mouth Side Stretches |
|---|---|--|
|  |   |   |
| <ul style="list-style-type: none"> • Open your mouth wide and try to fit 3-4 fingers between your top and bottom teeth. Stretch the skin further by baring your teeth (ie lift your lips away from touching your fingers) • Hold for 1 minute | <ul style="list-style-type: none"> • Make a big wide cheesy grin. Show as many teeth as possible • Hold for 1 minute | <ul style="list-style-type: none"> • With your lips closed move your mouth strongly to one side. • Hold for 1 minute • Repeat to the other side |
| □ 4. Top Lip over Bottom Lip | □ 5. Bottom Lip over Top Lip | □ 6. Puckering your lips |
|  |  |  |
| <ul style="list-style-type: none"> • Pull your top lip over your teeth and then stretch your top lip over your bottom lip • Hold for 1 minute | <ul style="list-style-type: none"> • Stretch your bottom lip over your top lip • Hold for 1 minute | <ul style="list-style-type: none"> • Pucker your lips as if you were going to blow a kiss or whistle • Hold for 1 minute |

| | | |
|--|---|---|
| <input type="checkbox"/> 7. Blowing up your cheeks | <input type="checkbox"/> 8. Chin Poke | <input type="checkbox"/> 9. Neck Stretch Mouth closed |
|  |  |  |
| <ul style="list-style-type: none"> • Blow your cheeks full of air • Hold for 1 minute | <ul style="list-style-type: none"> • Keep your mouth closed, make a turtle neck and stick your chin forwards as far as possible • Hold for 1 minute | <ul style="list-style-type: none"> • Keep your mouth closed, stretch your neck backwards to look up at the ceiling, hold at the limit • Hold for 1 minute |
| <input type="checkbox"/> 10. Eyes opening | <input type="checkbox"/> 11. Eyes Tightly closed | <input type="checkbox"/> 12. Eyes closed with cheek lift |
|  |  |  |
| <ul style="list-style-type: none"> • Open eyes widely and lift your eyebrows up as high as you can • Hold for 1 minute | <ul style="list-style-type: none"> • Close eyes & screw them up tightly, pull your eyebrows down and wrinkle your nose • Hold for 1 minute | <ul style="list-style-type: none"> • Use your hands to push cheeks upwards to assist with closing eyes. • Hold for 1 minute |

B) Functional Activities

Functional activities can be done after completing your stretching exercises from Section A. Some of these activities include:

- Saying the vowels of the alphabet slowly and over exaggerating each movement
- Using a straw to get lips puckering
- Eating a large burger or taking a large bite into an apple
- Sleeping without a pillow if your burn extends from your face onto your neck
- Using a lollipop or iceblock or mouth swab to stretch your cheeks and lips from the inside. Or simply use your tongue to stretch your lips and cheeks
- Hold your mouth open as wide as you can when you clean your teeth



If you have any questions about your exercise program, please discuss with your physiotherapist at your next appointment or call the **RBWH**

Physiotherapy department on 3646 4319 to speak with your physiotherapist for more information.

Scan this QR code for more information on our website

