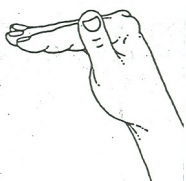


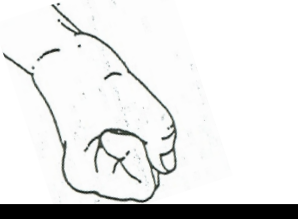
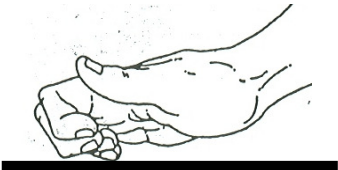
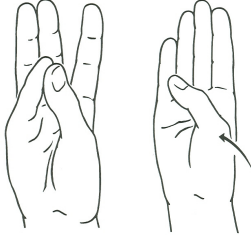
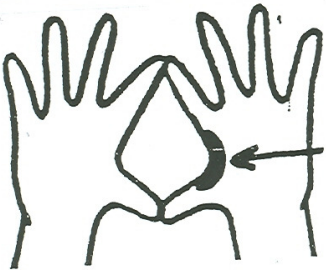
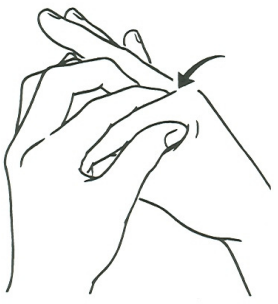
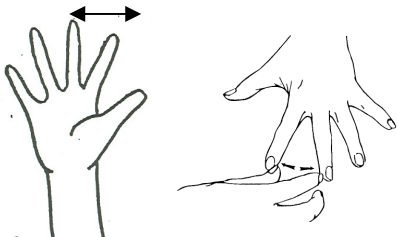
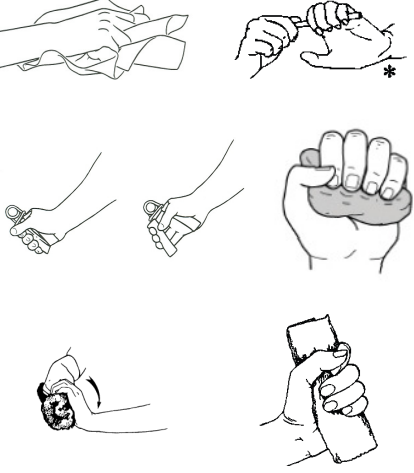
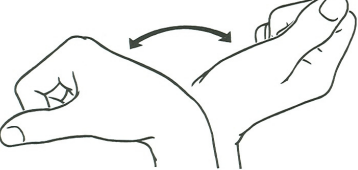
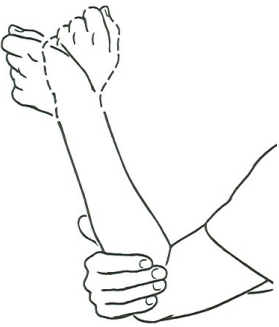


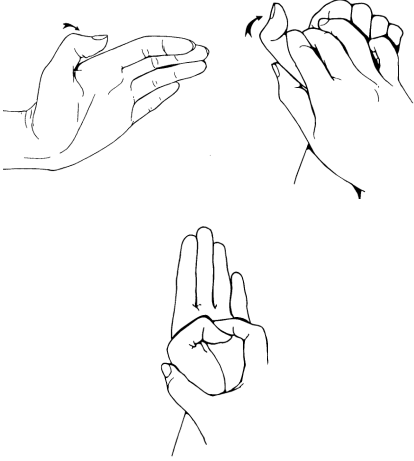
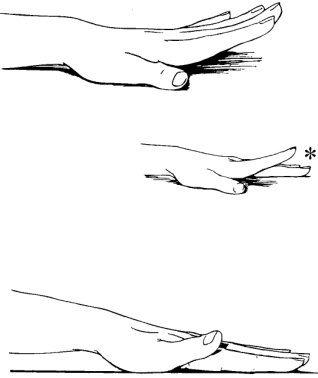
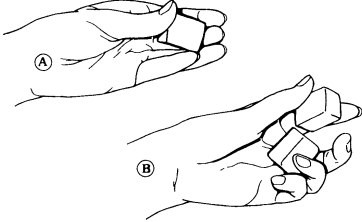
Exercises after Burn Injury to your Hand

After a burn injury to your hand, 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 hand such as writing, eating, carrying and manipulating objects.

The exercises provided will help to improve the strength of your hand muscles and stretch the skin on your hand. This will help prevent skin contractures, reduce skin tightness and restore full movement in your hand. 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"/> Duck Hand	<input type="checkbox"/> Fist	<input type="checkbox"/> Hook / Claw
		
<p>➤ Bend knuckles while keeping fingers straight to make a duck hand. Hold for 1 minute.</p> <p>Do 10 times holding for 1 minute</p>	<p>➤ Curl fingers down into a full fist. Clench tight and hold for 1 minute.</p> <p>Do 10 times holding for 1 minute</p>	<p>➤ Make a hook or a claw by keeping your back knuckles straight and curling the end of your fingers. Hold for 1 minute.</p> <p>Do 10 times holding for 1 minute</p>
<input type="checkbox"/> Press on Knuckles	<input type="checkbox"/> Press on fingertips	<input type="checkbox"/> Thumb Opposition
		
<p>➤ Press knuckles down onto table or flat surface. Make sure your wrist stays straight. Hold for 1 minute. Try to curl fingers into full fist in this position.</p> <p>Do 10 times holding for 1 minute</p>	<p>➤ Press fingertips down onto table or flat surface to make claw. Hold for 1 minute.</p> <p>Do 10 times holding for 1 minute</p>	<p>➤ Bend thumb across to the tips of each finger. Then slide your thumb down to the base of your little finger and hold for 1 minute.</p> <p>Do 10 times holding at base of thumb for 1 minute.</p>

<input type="checkbox"/> Webspacer stretch	<input type="checkbox"/> Finger Webspacer Stretch 1	<input type="checkbox"/> Finger Webspacer Stretch 2
		
<p>➤ Join your thumbs and index fingers together to make a diamond shape. Now push your hands together until the diamond becomes long and narrow. Hold for 1 minute.</p> <p>Do 10 times holding for 1 minute</p>	<p>➤ Use opposite hand to bend down one knuckle while keeping the neighbouring finger straight. Do this for all fingers. Hold for 1 minute.</p> <p>Do 10 times holding for 1 minute</p>	<p>➤ Make a V with two fingers. Use the opposite hand to stretch the V wider. Hold for 1 minute. Do this for all webspaces.</p> <p>Do 10 times holding for 1 minute</p>
<input type="checkbox"/> Grip Strength	<input type="checkbox"/> Grip with wrist movement	<input type="checkbox"/> Grip with lateral movement
		
<p>➤ Practice squeezing different objects to increase your grip strength. Start with a soft towel. Then try crumpling up paper into balls. Use a squish ball if you have one or your theraputty. Squeeze as hard as you can and see how long you can maintain the pressure.</p> <p>Do 10 times hold for 10 seconds</p>	<p>➤ Whilst keeping fingers tightly in a fist bend wrist forward and hold for 1 minute.</p> <p>Do 10 times holding for 1 minute</p>	<p>➤ 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.</p> <p>Do 10 times holding for 1 minute</p>

☐ Thumb Joint Bend	☐ Finger and Thumb Extension	☐ Finger Co-ordination
		
<p>➤ Bend your thumb at the middle knuckle. If you can't do this on your own help by putting pressure under the joint or using the other hand to help. Hold for 1 minute.</p> <p>Do 10 times holding for 1 minute</p>	<p>➤ Keep hand flat on table and try to lift your fingers off the table one at a time. Now lift your thumb.</p> <p>Do 10 times for each finger</p>	<p>➤ Put a small object like a bottle top, marble or coin in your hand. Try to move it around in your fingers. To make this exercise harder add more objects into your hand.</p>

Other Activities to assist with Hand Exercises

Try to use your hand and arm normally in your daily activities. Here is a list of activities that can help to improve hand function.

- Scrunch or crumple paper in your hand to form a ball and throw into bin
- Practice writing, drawing, painting
- Use your hands with cutlery at meal times - curl fingers tightly around handles
- Brush your teeth using your hand and curl fingers tightly around toothbrush handle, squeeze toothpaste
- Do up buttons and zips
- Opening Jars and drink bottles
- Opening canned foods with can opener
- Carrying shopping bag
- Peeling fruit and vegetables
- Squeezing pegs on clothesline
- Squeeze and wring out a dishcloth / sponge while washing dishes etc
- Use a spray bottle to water plants
- Use a screwdriver to tighten/loosen screws
- Throwing / catching a tennis ball
- Playing cards

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
Duck Hand							
Fist							
Hook / Claw							
Press on knuckles							
Press on Fingertips							
Thumb Opposition							
Webspace stretch							
Finger Webspace Stretch 1							
Finger Webspace Stretch 2							
Grip Strength							
Grip with Wrist Movement							
Grip with Lateral Movement							
Thumb Joint bend							
Finger and Thumb Extension							
Finger Co-ordination							