

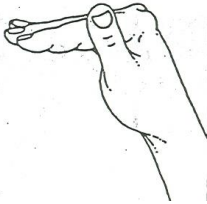
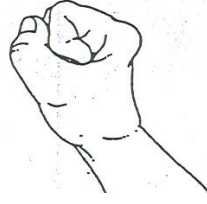


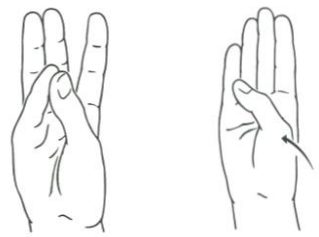
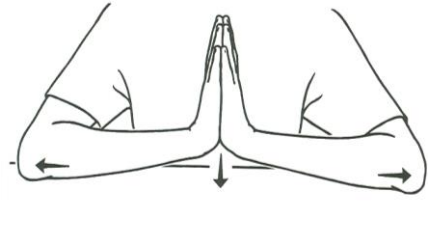

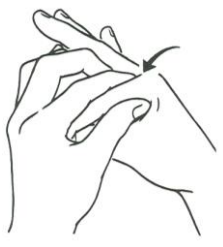

Exercises after Burn Injury to your Hand

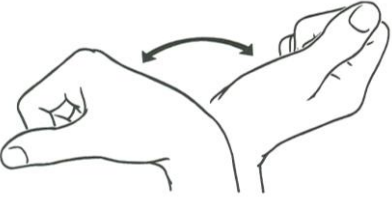

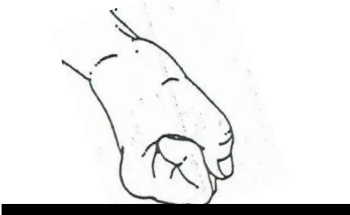
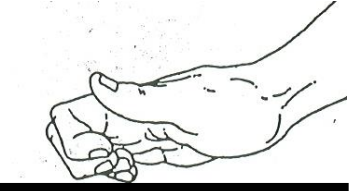
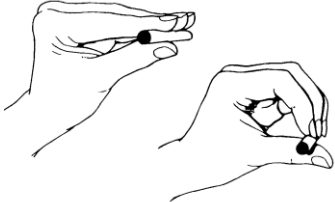
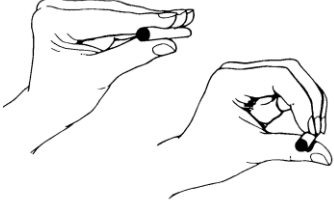
Scan the QR code to watch videos of the exercises



A) Stretching Activities

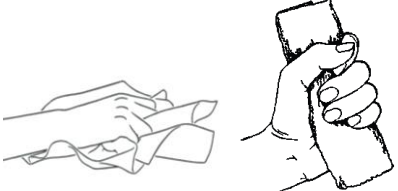


Stretches should be completed **4 to 5 times per day**. **Hold each stretch for 1 minute** at the maximum range of motion for the best effect. Follow your stretches with some exercises from Section B) Strengthening and Endurance Activities.

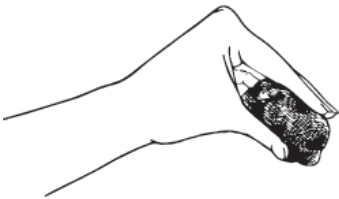
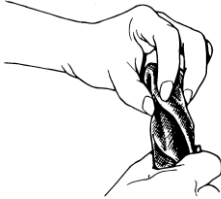

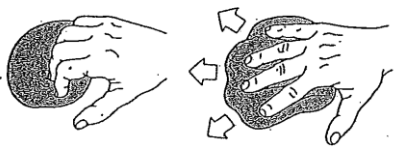
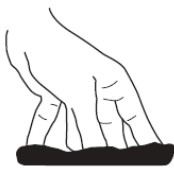
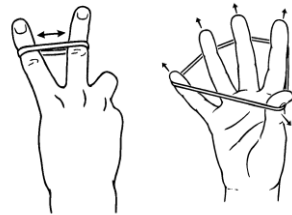

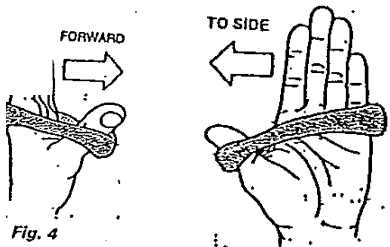
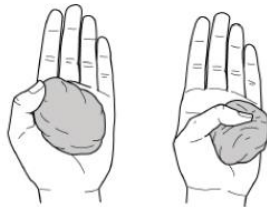
<input type="checkbox"/> 1. Duck Hand	<input type="checkbox"/> 2. Fist	<input type="checkbox"/> 3. Hook/ Claw
		
<ul style="list-style-type: none"> Bend your knuckles down while keeping your finger straight to make a duck hand Hold for 1 minute 	<ul style="list-style-type: none"> Curl your fingers down into a full fist and clench tight Hold for 1 minute 	<ul style="list-style-type: none"> Curl the end of your fingers while keeping your knuckles straight to make a hook/ claw Hold for 1 minute
<input type="checkbox"/> 4. Webspace Stretch	<input type="checkbox"/> 5. Thumb Opposition	<input type="checkbox"/> 6. Wrist Prayer Stretch
		
<ul style="list-style-type: none"> Join your thumbs and index fingers to make a diamond shape Now push your hands until the diamond becomes long / narrow Hold for 1 minute 	<ul style="list-style-type: none"> Bend your thumb across to the top of each finger and then so your thumb reaches the base of your little finger Hold for 1 minute 	<ul style="list-style-type: none"> Place your palms and fingers flat together in a prayer position Hold for 1 minute
<input type="checkbox"/> 7. Thumb Joint Bend	<input type="checkbox"/> 8. Finger Webspace Stretch 1	<input type="checkbox"/> 9. Finger Webspace Stretch 2
		
<ul style="list-style-type: none"> Bend your thumb at the middle knuckle and use your other hand to help provide extra pressure Hold for 1 minute 	<ul style="list-style-type: none"> Use your opposite hand to bend down one knuckle while keeping the neighbouring finger straight Hold each finger for 1 minute 	<ul style="list-style-type: none"> Make a V with two fingers and use the opposite hand to stretch the V wider Hold for 1 minute

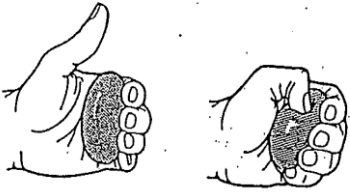
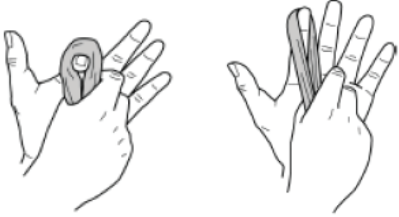
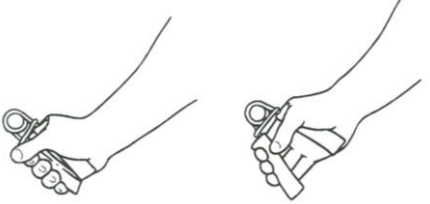
□ 10. Grip with Wrist Movement	□ 11. Grip with Lateral Movement	□ 12. Press of Knuckles
		
<ul style="list-style-type: none"> • Keep your fingers tightly in a fist, now bend your wrist forward, hold for 1 minute • Now bend your wrist backward, hold for 1 minute 	<ul style="list-style-type: none"> • Bend your thumb over to the base of your little finger and lock it inside your fist • Now bend your wrist in the direction of your little finger • Hold for 1 minute 	<ul style="list-style-type: none"> • Press your knuckles down onto the table or flat surface • Make sure your wrist stays straight • Hold for 1 minute
□ 13. Press on Fingertips	□ 14. Finger Co-ordination 1	□ 15. Finger Co-ordination 2
		
<ul style="list-style-type: none"> • Press your fingertips down onto the table or a flat surface • Hold for 1 minute 	<ul style="list-style-type: none"> • 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 	<ul style="list-style-type: none"> • Hold a pen in the tips of your fingers and thumb with the middle knuckles straight • Use your fingers to roll the pen back along your thumb, then roll it back to starting position

B) Strengthening & Endurance Activities

Strengthening exercises should be done after completing your stretching exercises from Section A. Unless told otherwise by your physiotherapist, start your strengthening exercises at **3 sets of 10 repetitions initially with 1 minute rests between each set**. To make the exercises harder, increase the number of repetitions first up to 12 and then 15. Once you are able to do 3 sets of 15 comfortably, you can then increase the weights required for each exercises.

□ 1. General Grip Activities	□ 2. Hook Grip	□ 3. Fist Grip
		
<ul style="list-style-type: none"> • Practice squeezing different objects to increase your grip strength (i.e. towel, paper, sponge, weight) • Complete 3 sets of 10 	<ul style="list-style-type: none"> • Squeeze your fingers into the putty to make a hook • Complete 3 sets of 10 	<ul style="list-style-type: none"> • Squeeze your fingers into the putty to make a tight fist • Complete 3 sets of 10

<input type="checkbox"/> 4. Duck Grip	<input type="checkbox"/> 5. Three Finger Claw Grip	<input type="checkbox"/> 6. Pinch Grip
		
<ul style="list-style-type: none"> • Squeeze your fingers into the putty to make a duck hand • Focus on bending your knuckles down while keeping your finger straight • Complete 3 sets of 10 	<ul style="list-style-type: none"> • Grip the end of the putty with your thumb, index and middle finger • Now try and pull the putty apart with your other hand • Complete 3 sets of 10 	<ul style="list-style-type: none"> • Pinch the putty between your thumb and your index finger before moving on to your middle finger, ring finger and little finger in turn • Complete 3 sets of 10
<input type="checkbox"/> 7. Push & Pull	<input type="checkbox"/> 8. Webspace with Putty	<input type="checkbox"/> 9. Webspace with Band
		
<ul style="list-style-type: none"> • Flatten putty onto the table • Place your bent fingers in putty and then push fingers out straight before returning to a hook position • Complete 3 sets of 10 	<ul style="list-style-type: none"> • Flatten putty onto the table • Place your fingers and thumb into the putty, push all apart to open the hand as wide as possible • Complete 3 sets of 10 	<ul style="list-style-type: none"> • Place an elastic band around two or more of your fingers and spread them as wide as possible • Complete 3 sets of 10
<input type="checkbox"/> 10. Thumb Extension	<input type="checkbox"/> 11. Thumb Strengthening	<input type="checkbox"/> 12. Thumb Opposition
	 <p>Fig. 4</p>	
<ul style="list-style-type: none"> • Bend your thumb and wrap putty around the tip • Straighten your thumb against the putty • Complete 3 sets of 10 	<ul style="list-style-type: none"> • Place a rubber band or resistance putty around your hand • Move your thumb forwards or sideways away from the hand • Complete 3 sets of 10 	<ul style="list-style-type: none"> • Place the putty in your palm near your little finger • Bend your thumb over toward little finger and press into the putty • Complete 3 sets of 10

□ 13. Thumb Joint Strength	□ 14. Finger Extension	□ 15. Grip Strength Devices
		
<ul style="list-style-type: none"> • Place the putty in your hand • Bend your thumb to press into the putty • Complete 3 sets of 10 	<ul style="list-style-type: none"> • Bend one finger towards your palm and wrap putty around the tip • Straighten your finger against the putty whilst resisting with your other hand • Do this for each affected finger • Complete 3 sets of 10 	<ul style="list-style-type: none"> • You can purchase grip strength devices from most sports stores • Use these to increase your grip strength by practicing 3 sets of 10

Other Stretching, Strengthening, Endurance and Functional Activities

Try to use your hands normally in 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 the handle
- Brush your teeth, curl your fingers tightly around the toothbrush handle, squeeze toothpaste
- Do up zips and buttons
- Opening tight jar lids and drink bottles
- Carrying shopping bags and gradually increasing the weight in the bag
- Squeeze and wring out a dishcloth / sponge while washing dishes
- Squeeze pegs on clothesline
- Use a spray bottle to water plants
- Use a screwdriver to tighten/loosen screws
- Throwing / catching a tennis ball
- Holding a water bottle in your hand and gradually increasing the amount of water in the bottle
- Playing cards



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

