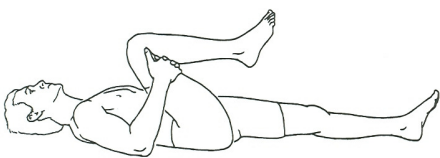
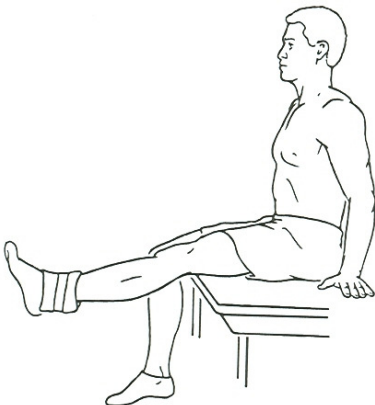
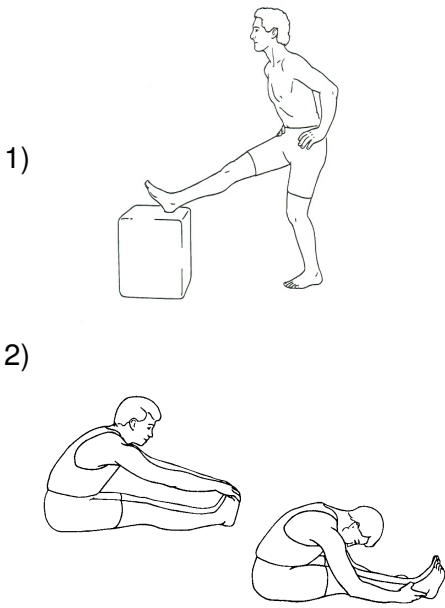


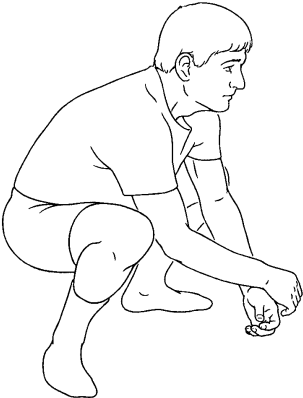
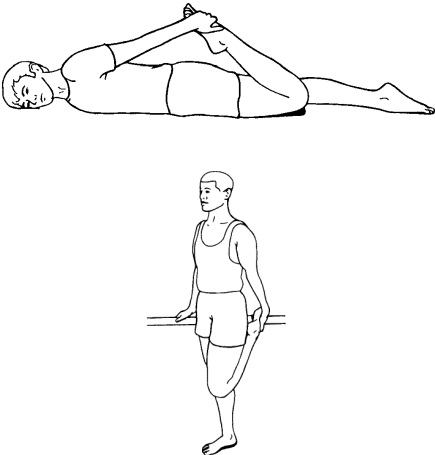
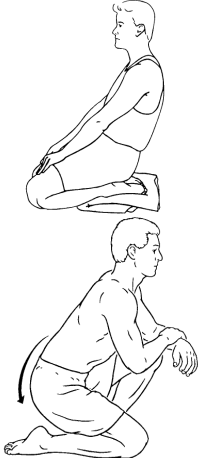
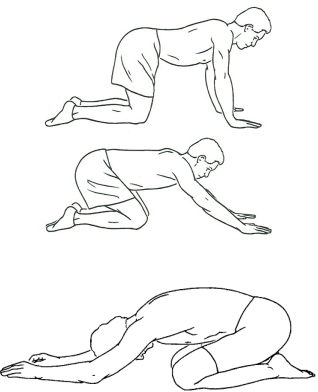
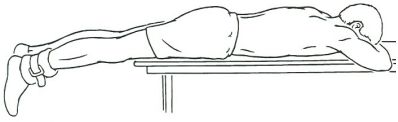
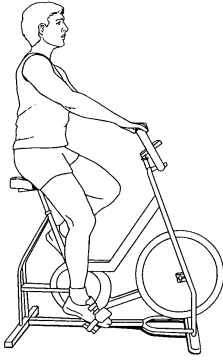
# Exercises after Burn Injury to your Knee

After a burn injury to your knee, 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 knee such as walking, running and squatting. It may also affect your balance.

The exercises provided will help to improve the strength of your knee muscles and also stretch the skin around your knee. This will help prevent skin contractures, reduce skin tightness and restore full movement at your knee. 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.**

☐ Knee Flexion	☐ Knee Extension	☐ Hamstring Stretch
		
<ul style="list-style-type: none"> <li>➤ Lie on back. Bend one knee up as far as you can. Hold for 1 minute.</li> <li>➤ Do this on each leg</li> </ul> <p><b>Do 10 times holding for 1 minute</b></p>	<ul style="list-style-type: none"> <li>➤ Sitting in a chair. Straighten your knee and hold it in the air for 5 seconds. To make this exercise harder use a light weight around your ankle or use theraband provided by your physiotherapist.</li> <li>➤ Do this on each leg</li> </ul> <p><b>Do 3 sets of 10 repetitions</b></p>	<ul style="list-style-type: none"> <li>➤ <b>1)</b> Standing up, place one foot on a stool. Slowly lean forward keeping back straight until a stretch is felt behind your knee and the back of your thigh. Hold for 1 minute.</li> <li>➤ Do this on each leg.</li> <li>➤ <b>2)</b> You can do the same stretch sitting with your legs stretched out straight in front</li> </ul> <p><b>Do 10 times holding for 1 minute</b></p>

<input type="checkbox"/> Calf Stretch (Straight Knee)	<input type="checkbox"/> Sit to stand practice	<input type="checkbox"/> Lunging onto step
		
<ul style="list-style-type: none"> <li>➤ Lean with your hands on the wall, place your right foot behind your left. Keep your heels on the floor, your back knee straight and your toes facing forward. Now bend your front knee and lean forward to feel a stretch in your back leg. Hold for 1 minute.</li> <li>➤ Do this on each leg</li> </ul> <p><b>Do 10 times holding for 1 minute</b></p>	<ul style="list-style-type: none"> <li>➤ Start by bending your knees as far as you can under the chair. Now keep weight evenly distributed on both feet and push forward to stand up.</li> <li>➤ Now slowly lower back into the chair keeping your feet still and letting your knees bend as much as you can.</li> </ul> <p><b>Do 3 sets of 10 repetitions</b></p>	<ul style="list-style-type: none"> <li>➤ Step one foot up onto step and lunge forward keeping control of your front knee. Aim to keep your knee over your second toe. Also control your hips while doing this exercise. Hold for 20 seconds.</li> <li>➤ Do this on each leg.</li> </ul> <p><b>Do 3 sets of 10 repetitions</b></p>
<input type="checkbox"/> Stepping down from step	<input type="checkbox"/> Mini Squats	<input type="checkbox"/> Wall Squats
		
<ul style="list-style-type: none"> <li>➤ Start by standing on a step, slowly lower right foot to the ground but concentrating on slowly bending the back knee and keeping your heel down as long as possible while you do this. Also keep your hips steady and controlled during the exercise</li> <li>➤ Do the step downs with both legs</li> </ul> <p><b>Do 3 sets of 10 repetitions</b></p>	<ul style="list-style-type: none"> <li>➤ Stand holding onto the back of a chair. Keep weight evenly distributed on both feet, gently squat down as far as you can. Make sure you keep your knees directly over your second toe as you squat. Hold for 5 seconds</li> </ul> <p><b>Do 3 sets of 10 repetitions</b></p>	<ul style="list-style-type: none"> <li>➤ Leaning with your back on wall, slowly lower your buttocks toward the floor until your thighs are parallel to the floor. Hold for as long as you can, then return to starting position.</li> <li>➤ You can use a therapy ball between your back and the wall to help with this exercise.</li> </ul> <p><b>Do 3 sets of 10 repetitions</b></p>

<input type="checkbox"/> Full Squats	<input type="checkbox"/> End of Range Knee Bend	<input type="checkbox"/> Knee Bend in Kneeling
		
<ul style="list-style-type: none"> <li>➤ Squat down as low as you can but ensure knees are pointing over your second toe.</li> <li>➤ Try with your heels off the ground then try keeping your heels flat on the ground</li> </ul> <p><b>Do 3 sets of 10 repetitions</b></p>	<ul style="list-style-type: none"> <li>➤ Bend foot up towards your bottom and hold for 1 minute. You can either do this exercise lying on your stomach or standing up holding onto a bench or the back of a chair.</li> <li>➤ Do this on each leg</li> </ul> <p><b>Do 10 times holding for 1 minute</b></p>	<ul style="list-style-type: none"> <li>➤ Start in kneeling position (on two legs or if more comfortable just on one leg) Gently rock your bottom back onto your heels to give a stretch to your knee and ankles. Hold for 1 minute.</li> </ul> <p><b>Do 10 times holding for 1 minute</b></p>
<input type="checkbox"/> Knee Bend in 4 pt kneel	<input type="checkbox"/> Knee Stretch (Prone)	<input type="checkbox"/> Exercise Bike
		
<ul style="list-style-type: none"> <li>➤ Resting on your hands and knees with toes pointed. Gently rock your bottom back onto your heels to give a stretch to your knees and ankles. Hold for 1 minute.</li> </ul> <p><b>Do 10 times holding for 1 minute</b></p>	<ul style="list-style-type: none"> <li>➤ Lie on your stomach with your knees straight and your feet over the edge of the bed. You can use a weight around your ankles to help your knees stretch out fully straight</li> </ul> <p><b>Resting position for up to 20min</b></p>	<ul style="list-style-type: none"> <li>➤ If you have an exercise bike at home this is a good general exercise to get your knees moving as well as improve your endurance.</li> <li>➤ Try to start at 2-3 minutes and progress the time.</li> </ul>

**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>Knee Flexion</b>							
<b>Knee Extension</b>							
<b>Hamstring Stretch</b>							
<b>Calf Stretch (Straight Knee)</b>							
<b>Sit to Stand Practice</b>							
<b>Lunging onto step</b>							
<b>Stepping down from step</b>							
<b>Mini Squats</b>							
<b>Wall Squats</b>							
<b>Full Squats</b>							
<b>End of Range Knee Bend</b>							
<b>Knee Bend in Kneeling</b>							
<b>Knee Bend in 4 pt kneel</b>							
<b>Knee Stretch (Prone)</b>							
<b>Exercise Bike</b>							