

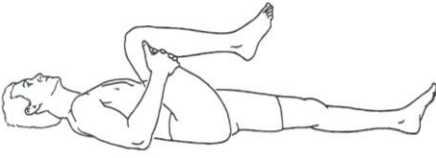
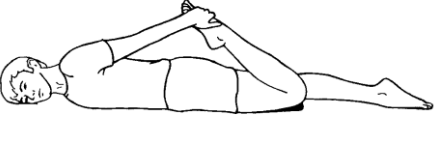
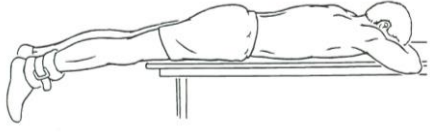
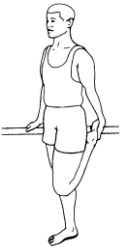
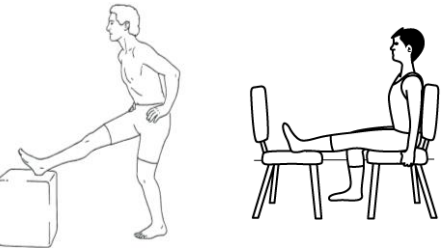
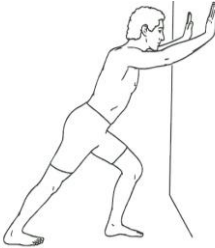
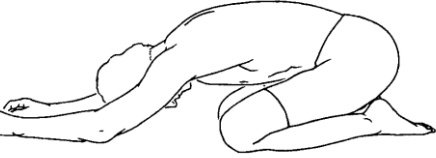

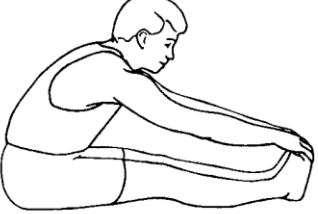
Exercises after Burn Injury to your Knee

Scan the QR code to watch videos of the exercises





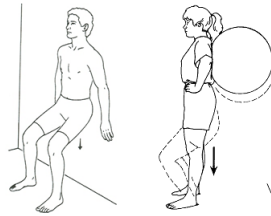






A) Stretching Activities

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. Knee Flexion (Supine)	<input type="checkbox"/> 2. Knee Flexion (Prone)	<input type="checkbox"/> 3. Knee Extension (Prone)
		
<ul style="list-style-type: none"> • Lie on your back and bend one knee up as far as you can • Hold for 1 minute 	<ul style="list-style-type: none"> • Lie on your stomach and bend one foot up towards your bottom • Hold for 1 minute 	<ul style="list-style-type: none"> • Lie on your stomach with your knees straight and your feet over the edge of the bed • Hold for 1 minute
<input type="checkbox"/> 4. Knee Flexion (Standing)	<input type="checkbox"/> 5. Hamstring Stretch	<input type="checkbox"/> 6. Calf Stretch (Straight Knee)
		
<ul style="list-style-type: none"> • Stand on one leg and bend one foot up towards your bottom • Hold on to a bench or the back of a chair for balance • Hold for 1 minute 	<ul style="list-style-type: none"> • Whilst sitting or standing up, place one foot on a stool • Slowly lean forward keeping your back straight until you feel a stretch in the back of your thigh • Hold for 1 minute 	<ul style="list-style-type: none"> • Lean against the wall and place one foot behind the other • Slowly lean forwards whilst keeping your heels on the floor and your back knee straight • Hold for 1 minute
<input type="checkbox"/> 7. Ankle / Toe Stretch 1 (Kneel)	<input type="checkbox"/> 8. Ankle & Toe Stretch 2 (Kneel)	<input type="checkbox"/> 9. Double Leg Hamstrings Stretch
		
<ul style="list-style-type: none"> • Kneel down and gently rock your bottom back onto your heels • Keep your hands resting on the ground in front • Hold for 1 minute 	<ul style="list-style-type: none"> • Stay upright while kneeling and gently rock your bottom back onto your heels • Lean backwards to apply further downward pressure to your heels • Hold for 1 minute 	<ul style="list-style-type: none"> • Sit on the floor and place both feet in front of you • Slowly lean forward keeping your back and knees straight until you feel a stretch behind your legs • Hold for one minute

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.

<input type="checkbox"/> Sit to Stands  <ul style="list-style-type: none"> • Keeping weight evening distributed on both feet, stand up from a chair • Now slowly lower back down • Complete 3 sets of 10 	<input type="checkbox"/> Mini Squats  <ul style="list-style-type: none"> • Keeping weight evenly distributed on both feet, squat down until your thighs are parallel to the floor • Hold for 5 seconds • Complete 3 sets of 10 	<input type="checkbox"/> Wall Squats  <ul style="list-style-type: none"> • Leaning with your back against the wall or a therapy ball, squat down until your thighs are parallel to the floor • Hold for 5 seconds • Complete 3 sets of 10
<input type="checkbox"/> Full Squats  <ul style="list-style-type: none"> • Keeping your knees pointing over your second toe, squat down as far as you can • Hold for 5 seconds • Complete 3 sets of 10 	<input type="checkbox"/> Lunging on a Step  <ul style="list-style-type: none"> • Place one foot on a step and slowly lunge forward keeping your knee over your second toe • Hold for 5 seconds • Complete 3 sets of 10 	<input type="checkbox"/> Full Lunges  <ul style="list-style-type: none"> • Step forward with one leg and slowly lower down into a lunge position • Hold for 5 seconds • Complete 3 sets of 10
<input type="checkbox"/> Stepping Down from a Step  <ul style="list-style-type: none"> • Stand on a step, slowly lower one foot to the ground, keep your back heel down as long as possible • Complete 3 sets of 10 	<input type="checkbox"/> Knee Extension with Weight  <ul style="list-style-type: none"> • Sit in a chair, weight at ankle, straighten your knee • Hold for 5 seconds • Complete 3 sets of 10 	<input type="checkbox"/> Knee Extension with Theraband  <ul style="list-style-type: none"> • Sit in a chair, theraband around your ankle, straighten your knee • Hold for 5 seconds • Complete 3 sets of 10



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

