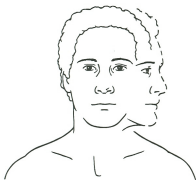



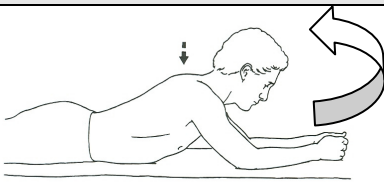
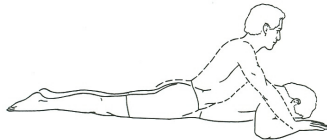

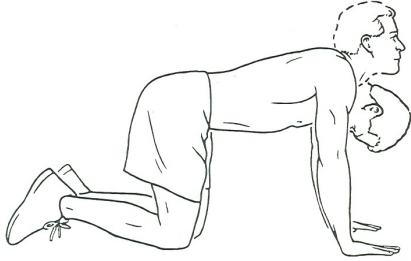
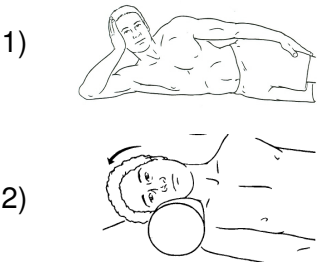
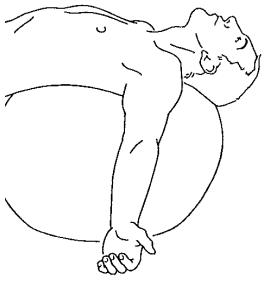
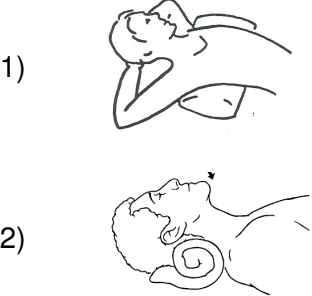



# Exercises after Burn Injury to your Neck

After a burn injury to your neck, 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 neck such as turning your head to see behind you and driving.

The exercises provided will help to improve the strength of your neck muscles and also stretch the skin around your neck. This will help prevent skin contractures, reduce skin tightness and restore full movement at your neck. 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"/> Neck Rotation	<input type="checkbox"/> Side Flexion	<input type="checkbox"/> Neck Extension
		
<ul style="list-style-type: none"> <li>➤ Turn your head to look over your shoulder. Hold for 1 minute</li> <li>➤ Now turn to look in the other direction and hold for 1 minute.</li> <li>➤ Make sure you keep your shoulders still while you do this exercise.</li> </ul> <p><b>Do 10 times holding for 1 minute</b></p>	<ul style="list-style-type: none"> <li>➤ Tilt your ear down toward your shoulder to stretch one side of your neck. Hold for 1 minute.</li> <li>➤ Now stretch toward your opposite shoulder. Hold for 1 minute</li> <li>➤ Keep your shoulders still &amp; look straight ahead while doing this exercise.</li> </ul> <p><b>Do 10 times holding for 1 minute</b></p>	<ul style="list-style-type: none"> <li>➤ Tilt your head backwards to look up towards the ceiling. Keep your mouth closed, chin poked out and hold for 1 minute</li> </ul> <p><b>Do 10 times holding for 1 minute</b></p>
<input type="checkbox"/> Neck Extension in Lying	<input type="checkbox"/> Neck Extension in Prone	<input type="checkbox"/> Mini Push Ups
		
<ul style="list-style-type: none"> <li>➤ Lie on your back with your head over the edge of the bed. Slowly lower your head backwards as far as you can. 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 resting on your elbows. Lift head back as far as you can. Hold for 1 minute</li> <li>➤ You can rest in this position with your hands under your chin.</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 hands under your shoulders. Lift your head and shoulders off the bed by straightening your elbows and extending your neck. Hold for 10 seconds then lower slowly to the bed</li> </ul> <p><b>Do 3 sets of 10 repetitions</b></p>

<input type="checkbox"/> Neck Side Stretch	<input type="checkbox"/> Neck Extension in 4 Pt Kneel	<input type="checkbox"/> Resting Side Stretch
		
<ul style="list-style-type: none"> <li>➤ Grasp the side of the head with your right hand and place the other hand behind your back. Tilt your head away towards the right and hold for 1 minute</li> <li>➤ Now stretch towards the left.</li> </ul> <p><b>Do 10 times holding for 1 minute</b></p>	<ul style="list-style-type: none"> <li>➤ Resting on your hands and knees lift your head backwards as far as you can. Hold this for 1 minute.</li> </ul> <p><b>Do 10 times holding for 1 minute</b></p>	<ul style="list-style-type: none"> <li>➤ <b>1)</b> Rest on your side with your hand under your head. Hold this for 1 minute.</li> <li>➤ <b>2)</b> Rest on your side with a rolled towel under your neck. Stretch your head over the towel as far as possible. Hold this for 1 minute.</li> </ul> <p><b>Do 10 times holding for 1 minute or use as Resting Position for 20 minutes</b></p>
<input type="checkbox"/> Neck Extension over Ball	<input type="checkbox"/> Trunk stretch – No Head pillow	<input type="checkbox"/> Neck Flexion
		
<ul style="list-style-type: none"> <li>➤ Lie on your back with your head over the edge of the ball. Slowly lower your head backwards as far as you can. Hold for 1 minute.</li> <li>➤ You can rest here for longer periods if you can tolerate it.</li> </ul> <p><b>Do 10 times holding for 1 minute</b></p>	<ul style="list-style-type: none"> <li>➤ <b>1)</b> Lie on your back with a pillow behind your upper back. Stretch your head backwards over the pillow. Hold for 1 minute. Progress this by increasing the number of pillows under your back.</li> <li>➤ <b>2)</b> Lie on your back with a rolled towel under your neck and stretch your head backwards as far as possible. Hold for 1 minute</li> </ul> <p><b>Do 10 times holding for 1 minute or use as Resting Position for 20 minutes</b></p>	<ul style="list-style-type: none"> <li>➤ Tilt your head forwards to look down. Aim to take your chin to your chest. Hold for 1 minute</li> </ul> <p><b>Do 10 times holding for 1 minute</b></p>

**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>Neck Rotation</b>							
<b>Side Flexion</b>							
<b>Neck Extension</b>							
<b>Neck Extension in Lying</b>							
<b>Neck Extension in Prone</b>							
<b>Mini Push Ups</b>							
<b>Neck Side Stretch</b>							
<b>Neck Extension in 4 Pt Kneel</b>							
<b>Resting Side Stretch</b>							
<b>Neck Extension over Ball</b>							
<b>Trunk Stretch – No Head Pillow</b>							
<b>Neck Flexion</b>							