




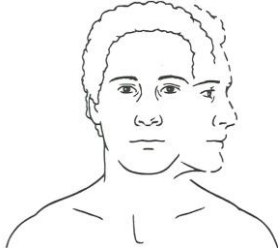
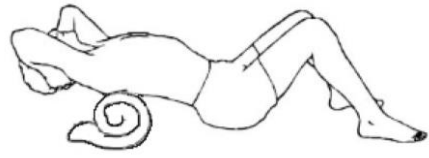

# Exercises after Burn Injury to your Neck

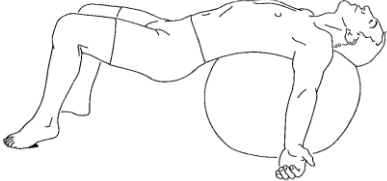
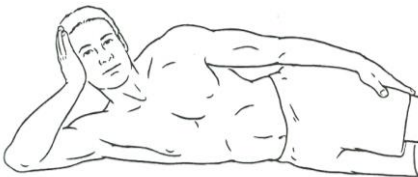
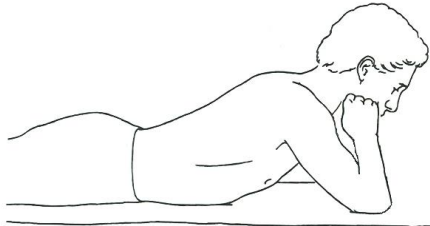
## A) Stretching Activities

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.



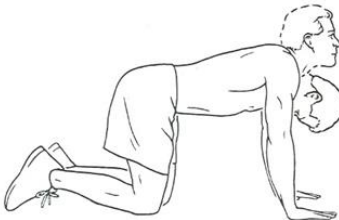
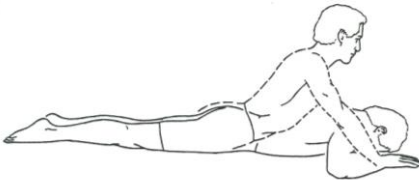

Scan the QR code to watch videos of the exercises

| <input type="checkbox"/> 1. Neck Flexion   | <input type="checkbox"/> 2. Neck Extension  | <input type="checkbox"/> 3. Neck Side Flexion  |
|--|---|--|
|   |    |   |
| <ul style="list-style-type: none"> <li>• Tilt your head forward to look down to the floor</li> <li>• Hold for 1 minute</li> </ul>      | <ul style="list-style-type: none"> <li>• Tilt your head backwards to look up towards the ceiling</li> <li>• Hold for 1 minute</li> </ul>  | <ul style="list-style-type: none"> <li>• Tilt your head sideways – ear to shoulder - to stretch one side of your neck</li> <li>• Use your hand to provide an extra stretch</li> <li>• Hold for 1 minute</li> </ul> |
| <input type="checkbox"/> 4. Neck Rotation  | <input type="checkbox"/> 5. Neck Extension over Towel   | <input type="checkbox"/> 6. Neck Extension over Bed Edge   |
|   |   |   |
| <ul style="list-style-type: none"> <li>• Turn your head to the side to look over your shoulder</li> <li>• Hold for 1 minute</li> </ul> | <ul style="list-style-type: none"> <li>• Lie on your back with your head on a rolled-up towel</li> <li>• Slowly lower your head backwards as far as you can</li> <li>• Hold for 1 minute</li> </ul> | <ul style="list-style-type: none"> <li>• Lie on your back with your head over the edge of the bed</li> <li>• Slowly lower your head backwards as far as you can</li> <li>• Hold for 1 minute</li> </ul>            |

| <input type="checkbox"/> 7. Extension over a Ball   | <input type="checkbox"/> 8. Resting Side Flexion  | <input type="checkbox"/> 9. Neck extension (Prone)  |
|---|---|---|
|    |   |    |
| <ul style="list-style-type: none"> <li>• Lie on your back over a therapy ball</li> <li>• Slowly lower your head and arms backward as far as you can</li> <li>• Hold for 1 minute</li> </ul> | <ul style="list-style-type: none"> <li>• Rest of your side with your hand under your head</li> <li>• Hold for 1 minute</li> </ul> | <ul style="list-style-type: none"> <li>• Lie on your stomach and rest of your elbows</li> <li>• Lift your head back as far as you can</li> <li>• Hold for 1 minute</li> </ul> |

## 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"/> 1. Neck Extension (4pt kneel)  | <input type="checkbox"/> 2. Mini Push Up  | <input type="checkbox"/> 3. Alternative Arm & Leg Lifts  |
|---|---|--|
|    |    |   |
| <ul style="list-style-type: none"> <li>• Resting on your hands and knees lift your head backwards as far as you can</li> <li>• Hold for 5 seconds</li> <li>• Complete 3 sets of 10</li> </ul> | <ul style="list-style-type: none"> <li>• Lie on your stomach and lift your head and shoulders up by straightening your elbows</li> <li>• Hold for 5 seconds</li> <li>• Complete 3 sets of 10</li> </ul> | <ul style="list-style-type: none"> <li>• Resting on your hands and knees slowly lift one arm out to the front whilst moving your alternative leg out to the back. Also lift your head up as far as you can</li> <li>• Hold for 5 seconds</li> <li>• Complete 10 times</li> </ul> |



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

