



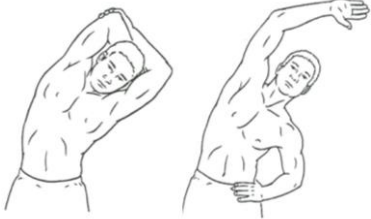

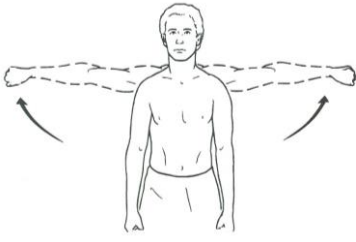
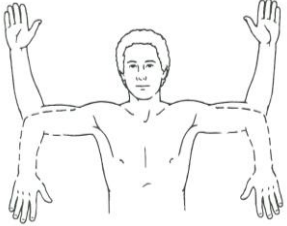
Exercises after Burn Injury to your Shoulder




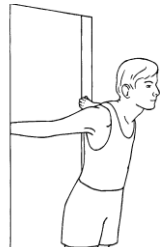

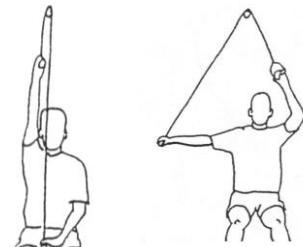
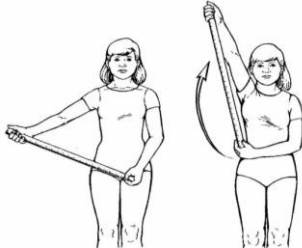
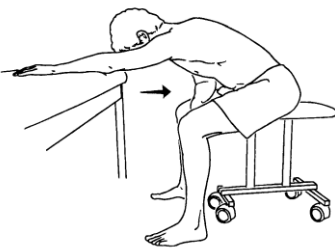
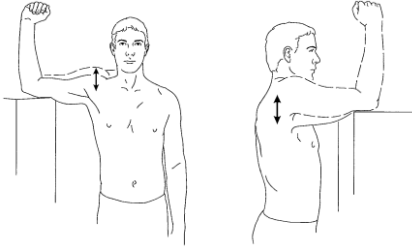
A) Stretching Activities

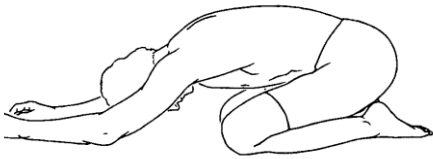
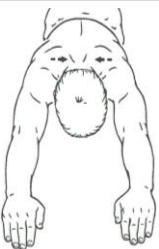
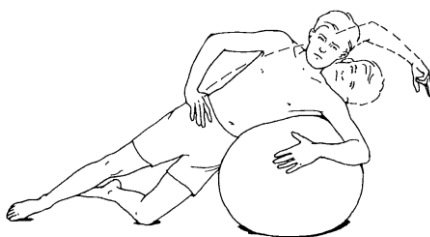
Scan the QR code to watch videos of the exercises



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.

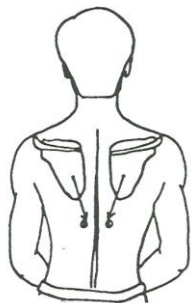
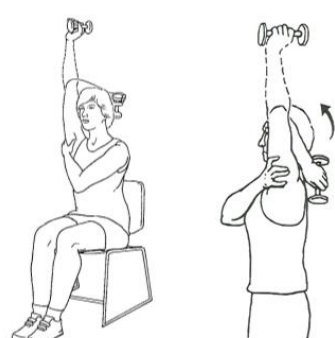

<input type="checkbox"/> 1. Shoulder / Trunk Stretch Over Pillow	<input type="checkbox"/> 2. Shoulder Elevation Stretch using Stick	<input type="checkbox"/> 3. Shoulder & Trunk Sideways Stretch
		
<ul style="list-style-type: none"> • Lie on your back with a pillow behind your upper back • Clasp your arms behind your head and slowly arch backwards • Hold for 1 minute 	<ul style="list-style-type: none"> • Lying on your back, hold onto a stick with both hands (or hold both hands together) • Lift your arms above your head to the maximum stretch • Hold for 1 minute 	<ul style="list-style-type: none"> • Clasp your hands together or stretch one hand over your head whilst you lean to one side • Hold for 1 minute
<input type="checkbox"/> 4. Shoulder Flexion or Elevation at the Front of body	<input type="checkbox"/> 5. Shoulder Abduction or Elevation at the Side of body	<input type="checkbox"/> 6. Shoulder Rotation Stretches
		
<ul style="list-style-type: none"> • Sit or stand with your arms by your side • Lift your arms up to the front until your hands are above your head to the maximum stretch • Hold for 1 minute 	<ul style="list-style-type: none"> • Sit or stand with your arms by your side • Lift your arms up and out to the side until your hands are above your head to the maximum stretch • Hold for 1 minute 	<ul style="list-style-type: none"> • Lie on your back with your arms resting at 90 degrees to your body • Slowly rotate your arms so that your hands move down towards the bed • Hold for 1 minute


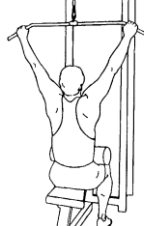
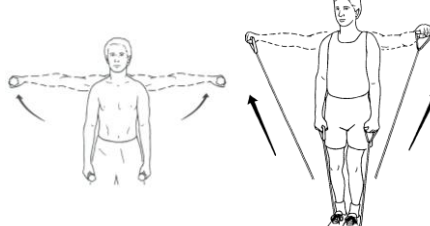
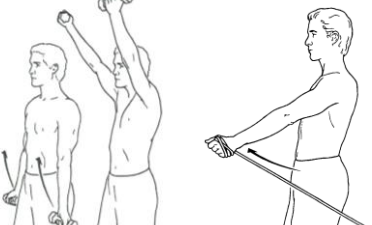


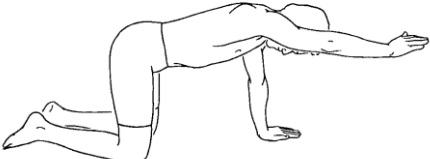
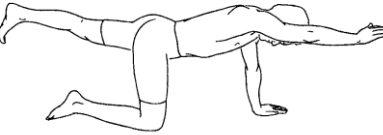
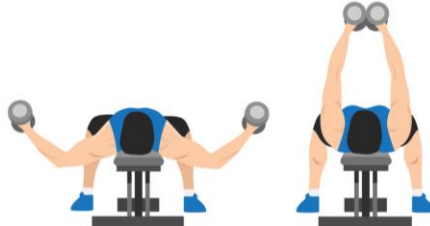
7. Triceps Stretch	<input type="checkbox"/> 8. Posterior Shoulder Stretch	<input type="checkbox"/> 9. Extended Arms behind Back
		
<ul style="list-style-type: none"> • With one arm bent behind your head, place the other hand on your elbow and stretch further • Hold for 1 minute 	<ul style="list-style-type: none"> • Stretch one arm across in front of your body towards the opposite shoulder • Hold for 1 minute 	<ul style="list-style-type: none"> • Stand with your hands clasped behind your back and straighten your elbows fully • Hold for 1 minute
<input type="checkbox"/> 10. Doorway Stretch (Low)	<input type="checkbox"/> 11. Doorway Stretch (High)	<input type="checkbox"/> 12. Shoulder Pulleys
		
<ul style="list-style-type: none"> • Reach sideways to hold onto a door frame • Straighten your elbows by stepping through the doorway • Hold for 1 minute 	<ul style="list-style-type: none"> • Reach upwards to hold onto the top of a door frame • Straighten your elbows by lunging forwards • Hold for 1 minute 	<ul style="list-style-type: none"> • Hold the pulleys in both hands • Push one arm down to assist the other to go as high as possible above your head. You can either go straight up in front or you can stretch your arm out to the side for a slightly different stretch • Hold for 1 minute
<input type="checkbox"/> 13. Shoulder Abduction with Stick	<input type="checkbox"/> 14. Forward Shoulder Stretch	<input type="checkbox"/> 15. Resting with Arm Elevated
		
<ul style="list-style-type: none"> • Sit or stand, holding onto a stick with both hands • Use one arm to push the other sideways into the air • Hold for 1 minute 	<ul style="list-style-type: none"> • Sit on a wheeled chair, facing and holding onto a table • Bend your body forwards and slide your chair backwards to stretch your shoulders to the maximum • Hold for 1 minute 	<ul style="list-style-type: none"> • Rest with your arm out to the side at 90 degrees from your body and hold for 1 minute • Rest with your arm in front at 90 degrees from your body and hold for 1 minute

<input type="checkbox"/> 16. Shoulder Stretch (4pt kneel)	<input type="checkbox"/> 17. Superman Stretch	<input type="checkbox"/> 18. Side Flexion over a Ball
		
<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 to allow your shoulders to stretch to the maximum • Hold for 1 minute 	<ul style="list-style-type: none"> • Lie on your stomach with your arms above your head • Hold for 1 minute 	<ul style="list-style-type: none"> • Lie on your side over a therapy ball • Lift your top arm above your head to further the stretch • Hold for 1 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"/> 1. Shoulder Blade Setting	<input type="checkbox"/> 2. Tricep Curls	<input type="checkbox"/> 3. Elbow Press (Upwards)
		
<ul style="list-style-type: none"> • While sitting upright, draw your shoulder blades down and in towards your spine • Hold for 5 seconds • Complete 3 sets of 10 	<ul style="list-style-type: none"> • Hold your arm above your head with your elbow bent • Slowly straighten your elbow as far as you can • Hold for 5 seconds before returning to your starting position • Complete 3 sets of 10 	<ul style="list-style-type: none"> • Sitting on a chair, hold a weight in both of your hands • Push the weight upwards toward the ceiling • Hold for 5 seconds before returning to your starting position • Complete 3 sets of 10

<input type="checkbox"/> 4. Elbow Press (Forwards)	<input type="checkbox"/> 5. Shoulder Pull Downs	<input type="checkbox"/> 6. Shoulder Abduction Strength
		
<ul style="list-style-type: none"> • Sitting on a chair, holding weight at shoulder height • Push the weight forwards and hold for 5 seconds, then return to starting position • Complete 3 sets of 10 	<ul style="list-style-type: none"> • Using the Shoulder Pull Down Machine, pull your arms down towards your chest before slowly returning to your starting position • Complete 3 sets of 10 	<ul style="list-style-type: none"> • Stand with your arms by your side and slowly lift them up and out to the side holding weights or a theraband • Hold for 5 seconds • Complete 3 sets of 10
<input type="checkbox"/> 7. Shoulder Flexion Strength	<input type="checkbox"/> 8. Theraband Triceps Upwards	<input type="checkbox"/> 9. Ball Rolling up wall
		
<ul style="list-style-type: none"> • Stand with your arms by your side and slowly lift them up above your head holding weights or a theraband • Hold for 5 seconds • Complete 3 sets of 10 	<ul style="list-style-type: none"> • Standing with a theraband wrapped around your feet, slowly straighten your elbows towards the ceiling • Hold for 5 seconds • Complete 3 sets of 10 	<ul style="list-style-type: none"> • Stand facing a wall • Roll the ball up the wall to straighten your elbow as far above your head as possible • Hold for 5 seconds • Complete 3 sets of 10
<input type="checkbox"/> 10. Alternative Arm Lifts	<input type="checkbox"/> 11. Alternative Arm & Leg Lifts	<input type="checkbox"/> 12. Pec Fly over bench or ball
		
<ul style="list-style-type: none"> • Resting on your hands and knees slowly lift one arm out to the front • Hold for 5 seconds • Complete 10 times on each arm 	<ul style="list-style-type: none"> • Resting on your hands and knees slowly lift one arm out to the front whilst moving your alternative leg out to the back • Hold for 5 seconds • Complete 10 times on each side 	<ul style="list-style-type: none"> • Lying on a bench or therapy ball, start with arms at shoulder height stretched out to side, hold for 5 seconds • Now bring both arms together in front of your head, 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

