

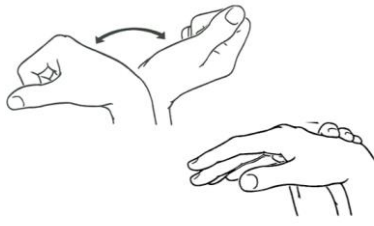
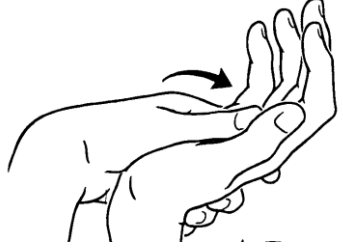
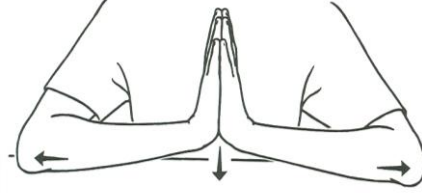

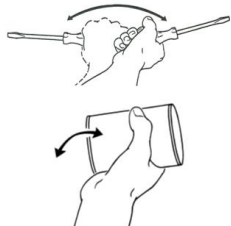
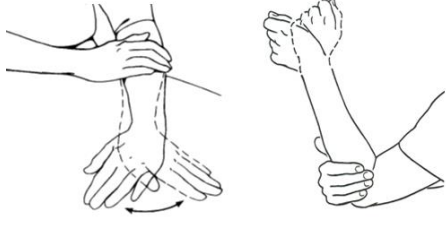

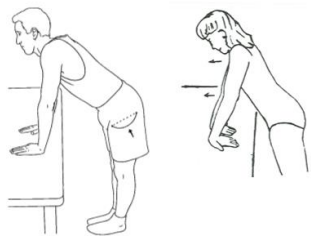

Exercises after Burn Injury to your Wrist

A) Stretching Activities

Scan the QR code to watch videos of the exercises





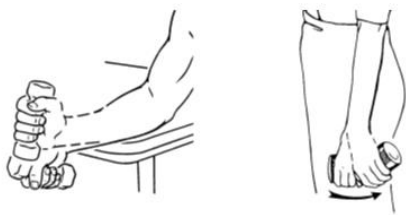
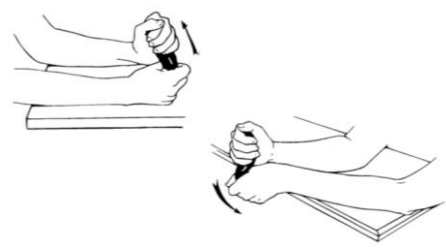


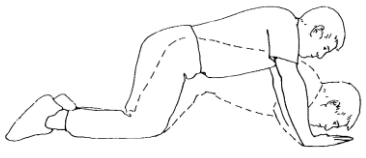


Stretches should be completed **4 to 5 times per day**. **Hold each stretch for 1 minute** at the maximum range of motion for the best effect. Follow your stretches with some exercises from Section B) Strengthening and Endurance Activities.

<p><input type="checkbox"/> 1. Wrist Flexion</p> 	<p><input type="checkbox"/> 2. Wrist Extension</p> 	<p><input type="checkbox"/> 3. Wrist Prayer Stretch</p> 
<ul style="list-style-type: none"> • Bend your wrist forwards, use other hand to assist to maximum range of motion • Hold for 1 minute 	<ul style="list-style-type: none"> • Bend your wrist backwards, use other hand to assist to maximum range of motion • Hold for 1 minute 	<ul style="list-style-type: none"> • Place your palms and fingers flat together in a prayer position • Hold for 1 minute
<p><input type="checkbox"/> 4. Elbow / Wrist Stretch</p> 	<p><input type="checkbox"/> 5. Supination</p> 	<p><input type="checkbox"/> 6. Lateral Deviation</p> 
<ul style="list-style-type: none"> • Place one arm out in front of you with elbow straight • Combine this with a wrist forward or wrist backward stretch • Hold for 1 minute 	<ul style="list-style-type: none"> • Sit with your arm by your side and turn your palm upwards to the ceiling • Hold for 1 minute • To increase the stretch, you can hold onto a bottle or a hammer 	<ul style="list-style-type: none"> • Move your wrist towards your thumb and hold for 1 minute • Move your wrist towards your little finger and hold for 1 minute • You can do this stretch with your hand relaxed or in a fist position
<p><input type="checkbox"/> 7. Wrist Flexion</p> 	<p><input type="checkbox"/> 8. Weight Bearing Stretch</p> 	<p><input type="checkbox"/> 9. Wall Wrist Extension</p> 
<ul style="list-style-type: none"> • Place one arm on the table in front on you with a bent elbow • Bend your wrist forwards, use other hand to assist to maximum range of motion • Hold for 1 minute 	<ul style="list-style-type: none"> • Place your hands on the bed with your fingers facing forward, hold for 1 minute • Then turn to have your fingers facing backwards, hold for 1 minute 	<ul style="list-style-type: none"> • Place one hand flat against the wall at shoulder level • Fully straighten your elbow to stretch your wrist • 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. Wrist Flexion with Weight	<input type="checkbox"/> 2. Wrist Flexion with Band	<input type="checkbox"/> 3. Wrist Extension with Weight
		
<ul style="list-style-type: none"> Rest arm on table, wrist over the edge with palm up Bend your wrist backwards as far as you can and hold for 5 seconds, now bend wrist upwards and hold for 5 seconds Complete 3 sets of 10 	<ul style="list-style-type: none"> Holding a theraband in both hands, use your bottom hand to provide resistance Bend your top wrist upwards and hold for 5 seconds Complete 3 sets of 10 	<ul style="list-style-type: none"> Rest arm on table, wrist over the edge with palm down Bend your wrist forwards as far as you can and hold for 5 seconds, now bend wrist upwards and hold for 5 seconds Complete 3 sets of 10
<input type="checkbox"/> 4. Wrist Extension with Band	<input type="checkbox"/> 5. Wrist Lateral Deviation	<input type="checkbox"/> 6. Wrist Strength with Putty
		
<ul style="list-style-type: none"> Holding theraband in both hands, use your top hand to provide resistance Bend your bottom wrist backwards and hold for 5 seconds Complete 3 sets of 10 	<ul style="list-style-type: none"> Rest the side of your arm on a table or by your side Bend your wrist sideways as far as possible, hold for 5 seconds, then move in the opposite direction, hold for 5 seconds Complete 3 sets of 10 	<ul style="list-style-type: none"> Hold onto the putty in both hands, one on top of the other Use the top hand to pull the putty upwards, use the bottom hand to pull the putty downwards Complete 3 sets of 10
<input type="checkbox"/> 7. Grip & Twist	<input type="checkbox"/> Wall Push Up	<input type="checkbox"/> Push Ups (4pt kneel)
		
<ul style="list-style-type: none"> Grip tightly onto a towel with both hands, twist as if wringing it out Complete 3 sets of 10 	<ul style="list-style-type: none"> Stand with hands flat against the wall at shoulder level Bend your elbows, let your head come close to the wall, then fully straighten your elbows Complete 3 sets of 10 	<ul style="list-style-type: none"> Rest on your hands and knees Bend your elbows to let your head come close to the floor, then fully straighten your elbows 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

