

Burn Care Exercise Program

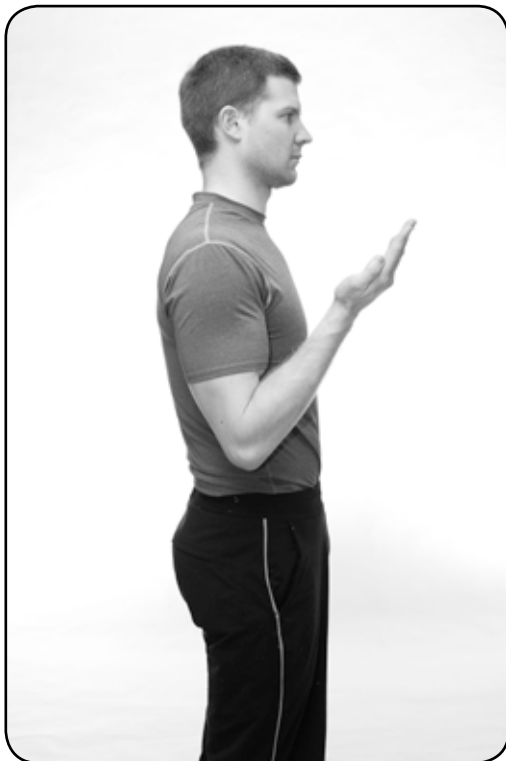
Elbow Active Range of Motion

Instructions

- ✓ Do these exercises at least 4 times a day.
- ✓ Repeat each exercise 8 to 10 times.
- ✓ Hold each stretch for 20 to 30 seconds.

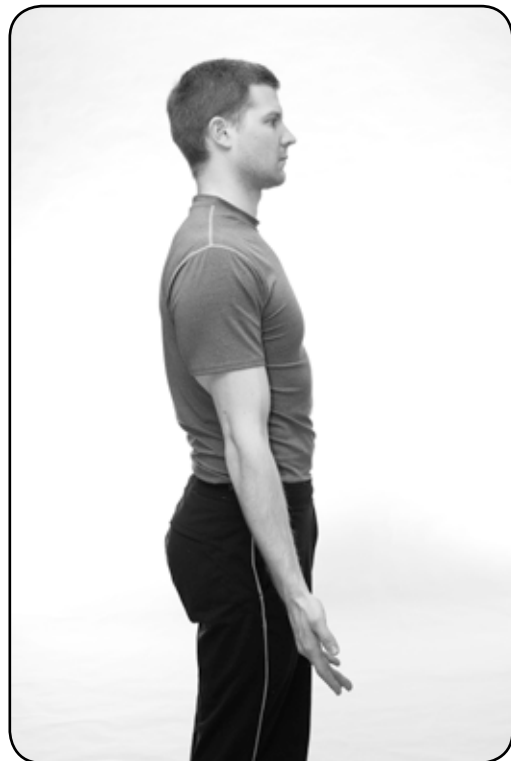
Elbow flexion

- Start with your arm relaxed by your side. Slowly bend your elbow, keeping your arm by your side.
- Return to the starting position.



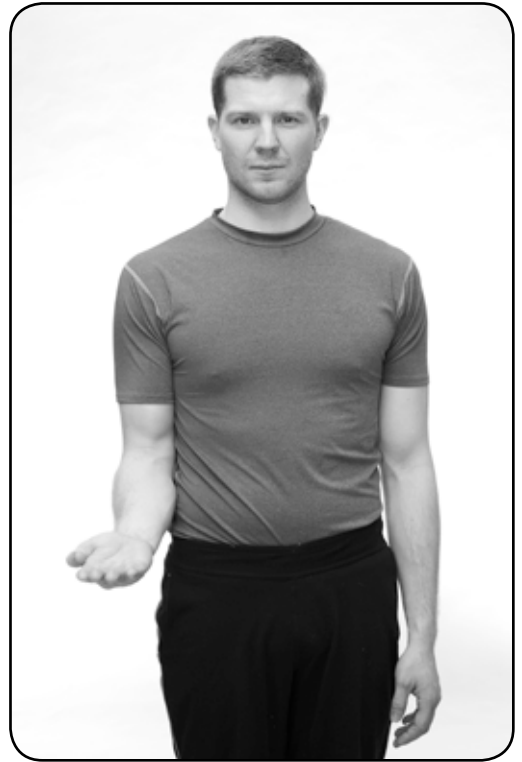
Elbow extension

- Slowly straighten your elbow.
- Return to the starting position.



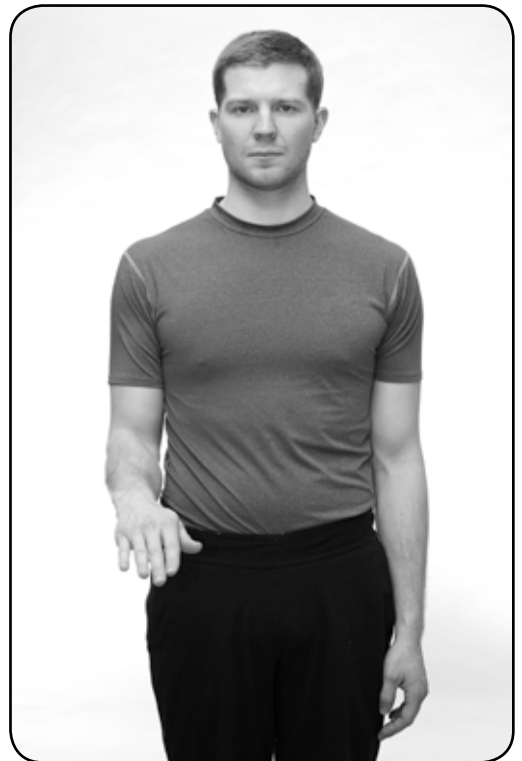
Supination

- Bend your elbow and keep it at your side.
- Turn your wrist so that your palm is facing up.



Pronation

- Bend your elbow and keep it at your side.
- Turn your wrist so that your palm is facing down.



What are your questions? Please ask.

Therapist: _____

Phone: _____

*Prepared by: Rehabilitation Services
Designed by: NSHA Library Services*