

Burn Care Exercise Program

Upper Body Exercises for Edema Management

Instructions

- ✓ These exercises will help lower the swelling in your hands and arms.
- ✓ You should do each of these exercises 10 times during every hour that you are awake.
- ✓ You can do these exercises while lying down or sitting.

Make a fist

- Make a fist with your hand, then open your hand as much as you can.
- Repeat 10 times.



Shoulder squeeze

- Squeeze your shoulder blades together. Hold for 5 seconds.
- Relax. Repeat 10 times.



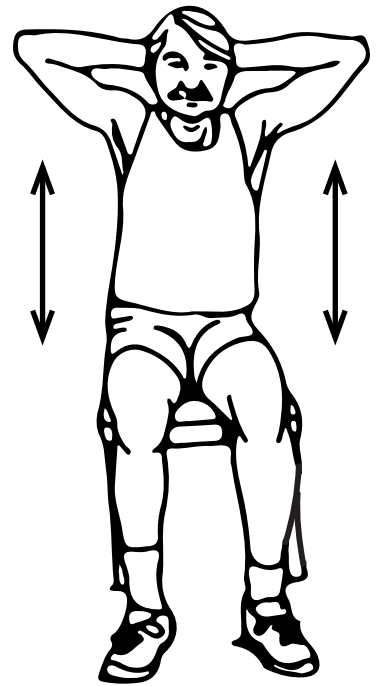
What are your questions? Please ask.

Therapist: _____

Phone: _____

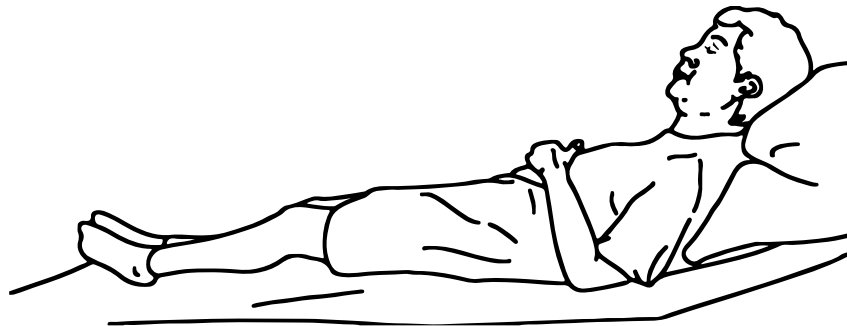
Shoulder and elbow raises

- Bend your elbows.
- Keeping your elbows bent, raise your arms out to the side and up to shoulder level.
- Relax your arms back to your side, keeping your elbows bent.
- Repeat 10 times.



Deep breathing

- Place your hand on your stomach (belly).
- Take a deep breath in through your nose, letting your stomach expand out (rise up).
- Breathe out through your mouth. As you do, draw your stomach in.
- Repeat 10 times.



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