

Burn Care Exercise Program

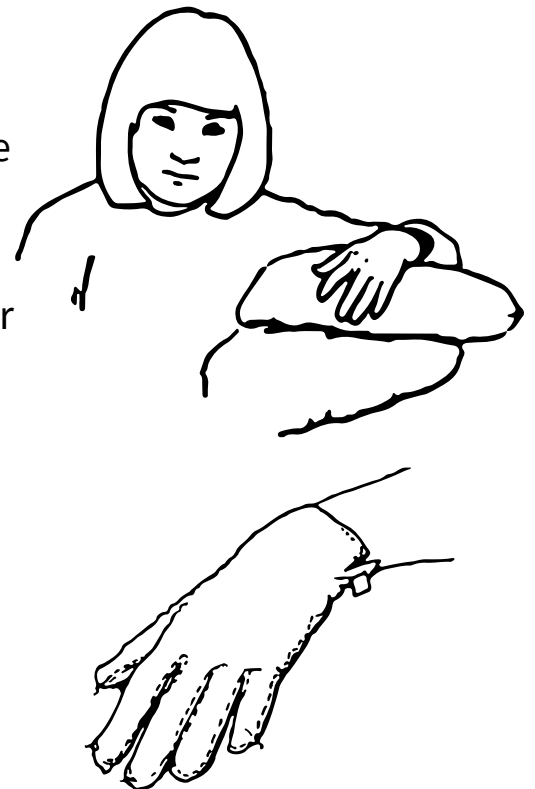
Swelling After a Burn

Swelling and stiffness are common after a burn. This can cause pain and loss of movement.

- Swelling can cause pain due to stretching of sensitive skin and compression (squeezing) of the joint structures.
- Swelling causes joint stiffness, which affects your ability to do your exercises.
- Swelling can impact your ability to do everyday activities.

How to manage swelling:

- Raise the swollen area above the level of your heart when sitting or lying down. This is one of the ways to lower swelling. For example, use pillows to raise a swollen arm or leg.
- Gentle range of motion exercises can help to lower swelling. Your therapist will prescribe the right exercise program for you.
- Use light pressure in the form of Tubigrip™ sleeves, pressure garments or gloves, as prescribed by your therapist.



Your therapist will talk with you about ways to manage your swelling.

What are your questions? Please ask.

Therapist: _____

Phone: _____