

# Burn Care Exercise Program

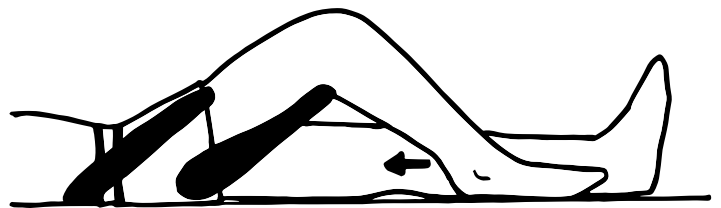
## Knee Active Range of Motion

### Instructions

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

### Knee flexion

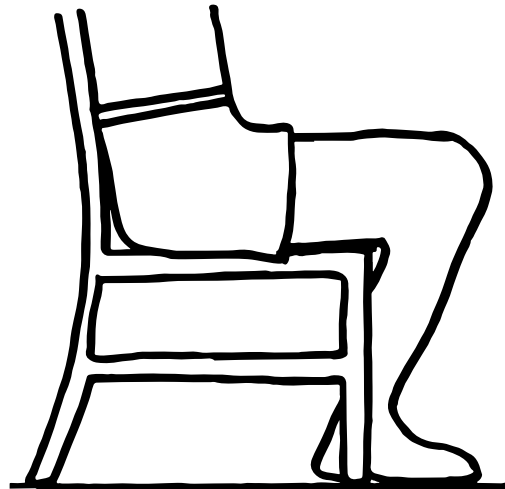
- Slide your heel towards your buttocks (bum).
- Keep your heel and buttocks on the bed.



Or:

### Sit in a chair and:

- Place your foot on the floor.
- Move your foot as far as you can under the chair.

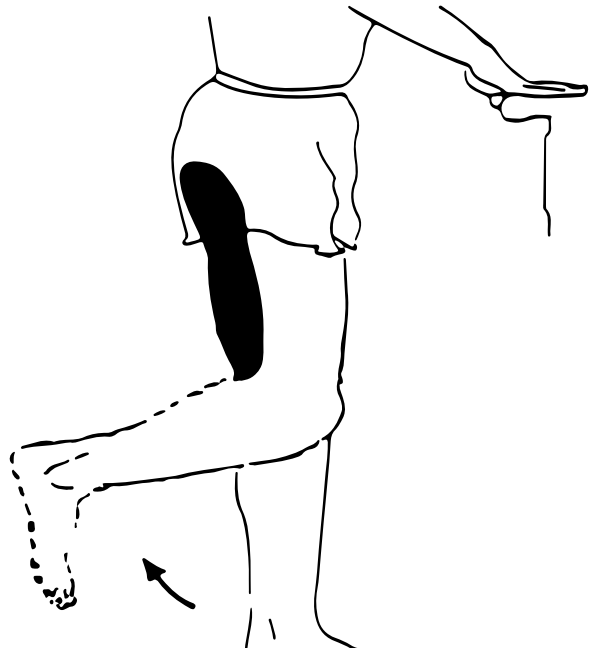


What are your questions? Please ask.

Therapist: \_\_\_\_\_ Phone: \_\_\_\_\_

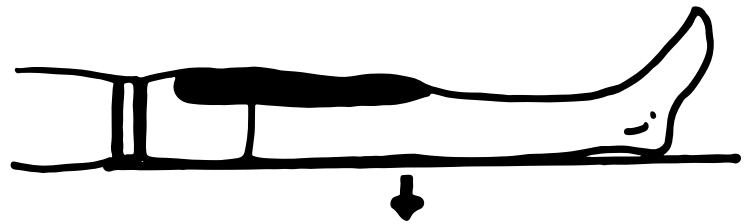
## Standing knee flexion

- Stand up straight.
- Bend your knee by bringing the heel toward your buttocks.
- **Do not move your hip.**
- You should feel the muscle on the back of your thigh working.
- You may feel a stretch on the front of your thigh.



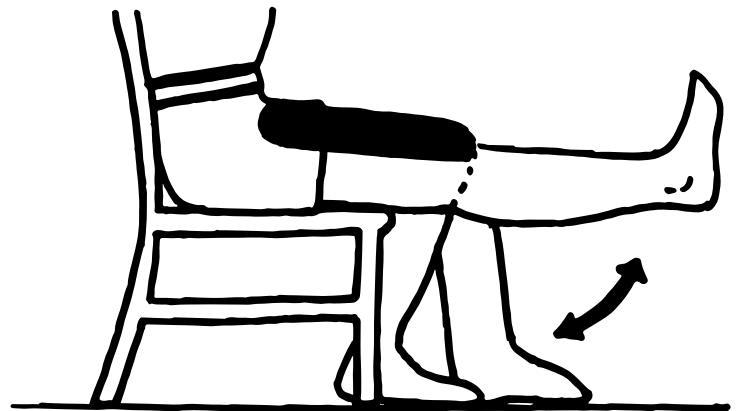
## Quad stretch

- Straighten your leg by tightening the muscles on the front of your thigh and pushing your knee into the bed.



## Seated knee extension

- Straighten your leg as far as possible by kicking it out.
- Then bring your heel as far back under the chair as possible.



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