

# Burn Care Exercise Program

## Standing Leg Exercises

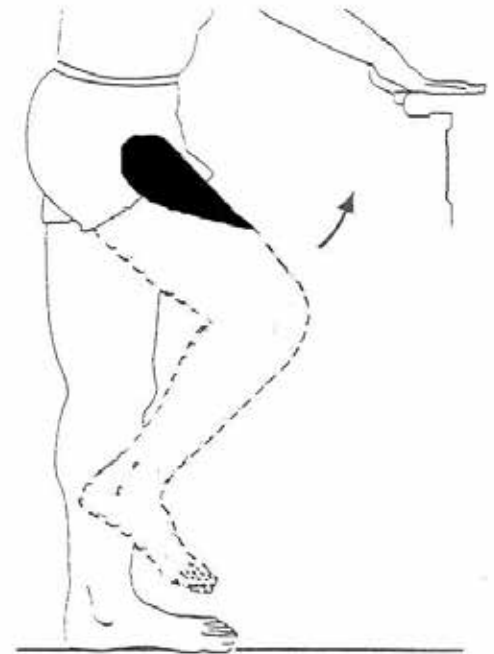
### Instructions

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

### Standing and holding onto a counter or sink:

#### Hip and knee flexion

- Stand up straight.
- Lift your knee upwards as high as you can.
- **Do not lean forward.**
- You should feel the muscle on the front of your hip working.



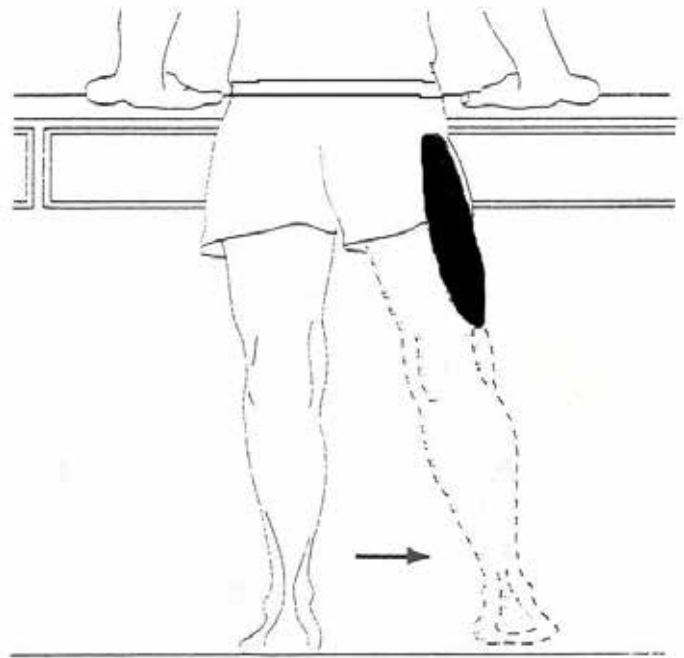
What are your questions? Please ask.

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

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

## Abduction

- Stand up straight.
- Lift your leg out towards the side.
- **Do not lean to either side.**
- You should feel the muscles on the side of your thigh and hip working.



## Hip extension

- Stand up straight.
- Bend your knee by bringing your 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.



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