

Hand exercises

Overview

Active Range of Movement (AROM) and functional use of the hand is encouraged early in burn injuries once cleared by the Burns Unit team. Delaying movement and function complicates recovery both in the short and long term.

It is vital for clinicians to educate their clients on the importance of moving their hand and to alleviate any concerns they may have of making the injury worse.

When it comes to function....if they don't move it, they lose it!

Tendon gliding exercises

Active tendon gliding exercises aim to minimise oedema and prevent tendon adhesion. They are generally prescribed for clients to perform until they achieve and maintain full active movement and function.

Compensatory movements of the hands may prevent the return to full AROM and function. Clinicians need to monitor this carefully, and correct when necessary.

When first commencing at exercise program, each hand exercise can be repeated 10 times, every 1-2 hours. This can be adjusted depending on client and therapist.

As AROM and function increases, repetition of these exercises can be reduced.

Tendon gliding exercises

Monkey Grip

Keep knuckles & wrist straight. Bend & straighten the end & middle joints of the fingers.

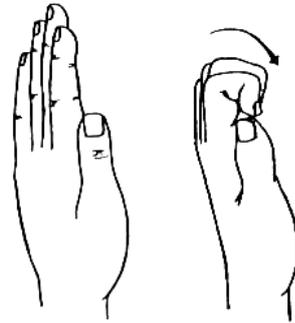
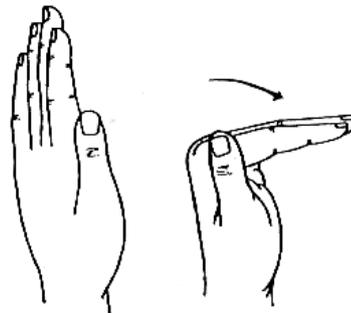


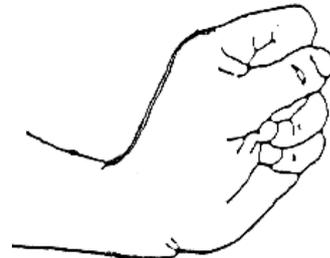
Table Top

Make a table top with fingers by keeping the wrist and the small finger joints straight & bending only at the base of the knuckles.



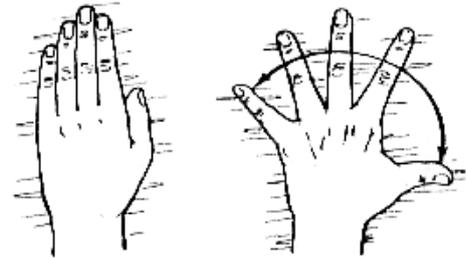
Finger Flexion

Make a fist, being sure that each joint bends as much as possible.



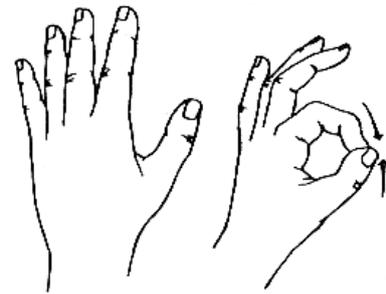
Spreading Fingers

Rest hand on table with palm facing down. Spread fingers & thumbs wide apart & bring them back together.



Finger "O"

Make an "O" by touching the thumb to each fingertip, one at a time. Open fingers as much as you can after touching each finger.



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