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## Passive ROM of the hand

Limited hand range, or a person's reluctance to push their movement may require a passive assisted stretch for 30-60 seconds over the affected area. Passive or assisted stretches, completed by a clinician or the client (when cleared by VABS surgeon), can assist with:

- Increasing joint AROM
- Lengthening scar tissue
- Desensitizing the recovering skin

### Considerations

- Composite movements to place joints in full stretch and range are imperative for any burn covering a joint (even if this is single joint).
- Concentrated efforts in hand and finger flexion are required for dorsal hand burns
- Concentrated efforts in hand and finger extension are required for palmar hand burns
- Compensatory movements of the hands may prevent the return to full AROM and function. Clinicians need to monitor this carefully, and correct when necessary.
- Extensive hand burns involving tendons and/or significant scar development, requires a management plan established in collaboration with VABS and external clinicians.

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