

Burn Recovery Tips

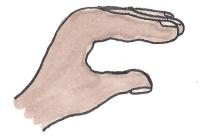
- * Positioning starts day 1!
- * Usually comfort leads to contractures!
- * Start exercise early by: -Taking pain medication 30 minutes prior to exercise
 - -Use compression garments but take them off to lubricate, massage, and stretch.
 - -Use relaxation methods such as imagery or music
 - -Compression wrapping
 - -Provide vascular support with elastic bandage
 - -Be gentle
- * For edema: Elevate, Compression, Exercise
- * For scaring: 6-8 weeks after closure, 1-2 years to mature, Compression Therapy
- * Temporary Garments may include; elastic bandage, Coban, TED stocking, Elasticated tubular bandage, Spandex bicycle pants, gradient pressure Jobst Stockings.
- * Prevent Claw hand with a volar hand splint (intrinsic plus hand positon):

Wrist extension at 15-30 degrees of extension

MP's at 50-70 degrees of flexion

IP's at Full Extension

Thumb abducted



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