

# Advice and exercises for a neck burn

## Burns and Plastics Therapy

Information for Patients

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## How to get back your range of neck movement

### Posture

It is important that you keep a good posture after a neck burn. This is to keep you from having tightness in the front of the neck.

- When you are lying - no pillows.
- When you are sitting - sit with a straight back, do not slouch forward or let your head hang down.
- Do not sit with your head tilted.

### Splinting

You may have to wear a neck collar. Your occupational therapist will make this for you. They will tell you when to wear it. You need to wear your collar, as you were told to. This will help you to avoid having the feeling of tightness.

### Exercises

Your physiotherapist will guide you on exercises for your neck. You need to do these exercises regularly to:

- reduce swelling.
- help circulation which speeds up healing.
- prevent joint stiffness.
- prevent a burn contracture where the skin pulls together forming a scar.

You may find that your neck stiffens up between exercises and in the morning. Do not worry as this is normal and should go away with exercise.

**Health information and support is available at [www.nhs.uk](http://www.nhs.uk)  
or call 111 for non-emergency medical advice**

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To give feedback about this information sheet, contact [InformationForPatients@uhl-tr.nhs.uk](mailto:InformationForPatients@uhl-tr.nhs.uk)

## Shoulder

- The burn on your neck may have affected your shoulder. You might start having a stiff shoulder.
- An exercise to keep your shoulder moving is important to prevent stiffness.

## Passive exercises or stretches

- If needed your physiotherapist may show you some gentle stretches for your neck.
- This means using your arm to assist your neck to move and holding each stretch for 20 seconds.

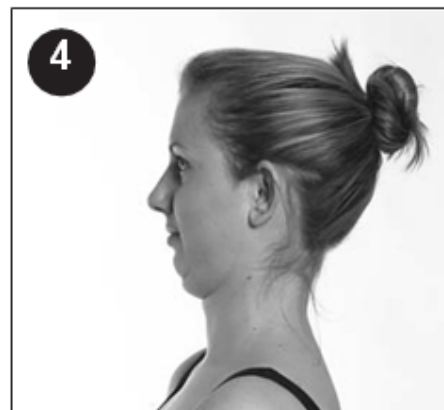
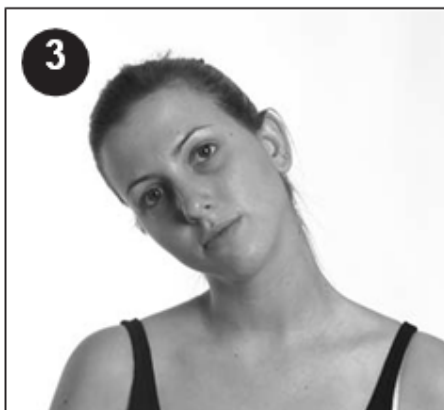
## Neck exercises

**Do the following exercises 10 times every 2 hours.**

1. Turn your head to look over your left shoulder for 10 seconds and then repeat to the right.
2. Stretch up to look at the ceiling, keep your mouth closed and hold for 10 seconds.



3. Stretch your neck over to touch your left ear on your left shoulder and hold for 10 seconds, then repeat on the right.
4. Tuck your chin in keeping your back straight and look straight ahead. Hold for 10 seconds.

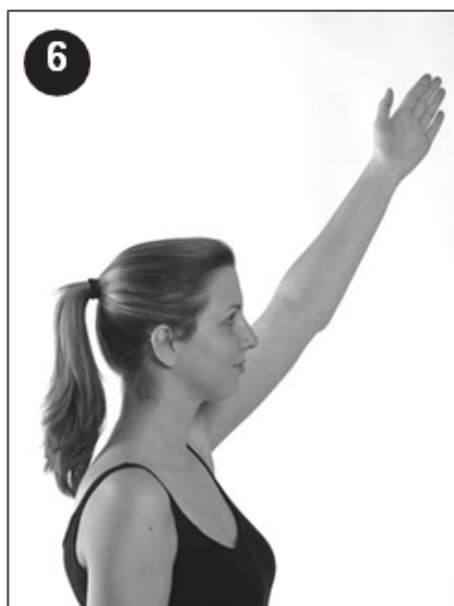


**Do the following exercises 10 times every 2 hours**

5. To stretch out the front of your neck lie back with a pillow under your shoulders and relax your head back into the bed. Keep this position for 10 minutes.  
Or, take the pillow away and lie with your head stretched over the end of the bed.



6. Keep your elbows straight and lift your arms up in front of you to above your head, then take them down by your side. Repeat 10 times.



## Contact details

### Hand, Burns and Plastics Therapy Department contact number

Leicester Royal Infirmary: 0116 258 6826

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