

# Advice and exercises for a lower limb burn

## Burns and Plastics Therapy

Information for Patients

Last reviewed: January 2024

Next review: January 2027

Leaflet number: 930 Version: 2

### Introduction

#### How to get back your range of movement

##### Elevation

- You may find that your leg is swollen. This is a normal reaction to a burn.
- To help with this swelling you need to raise your leg at rest with your knee out straight and toes pointing up to the ceiling.
- If you have burns in the groin area it is advised that you keep your legs apart to prevent tightness.

##### Splinting

- You may have to wear a splint on your leg or foot at rest. This will be made by the occupational therapist who will tell you when to wear it.
- You need to wear the splint as you were told to. This will help to reduce stiffness.

##### Exercises

- Your physiotherapist will help you with leg exercises.
- It is very important that you exercise regularly, as instructed
- Exercise decreases swelling in the foot and leg. It helps blood flow which speeds up healing and prevents joint stiffness.
- It is common to feel some pain or discomfort when exercising. Do not worry, this is not a sign that you are causing damage.

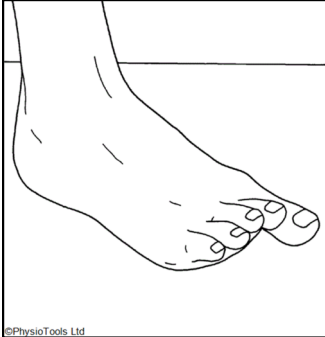
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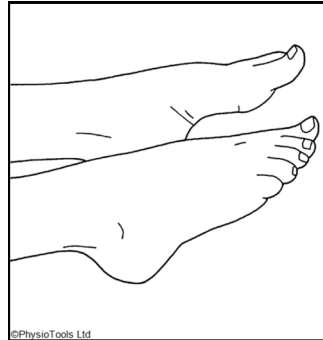
## Exercises

Do the following exercises 10 to 20 times, 3 times a day

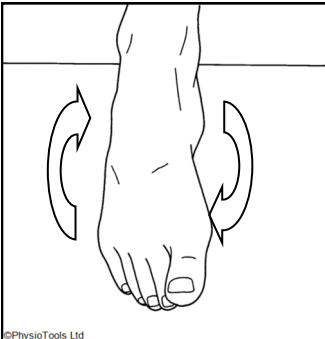
### • Foot and ankle exercise



1. Wriggle your toes

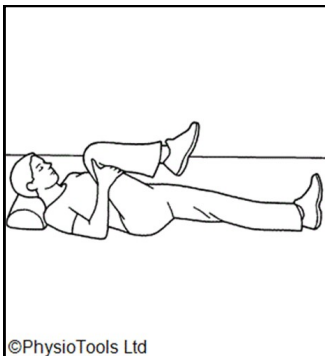


2. Point your toes up, then point them down

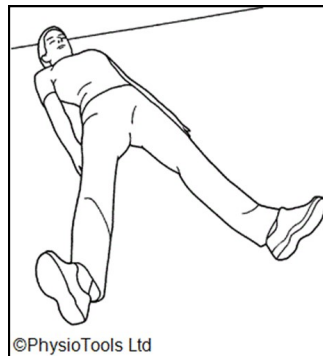


3. Circle your foot in both directions

### • Hip and knee exercise whilst lying down



1. Bend your knee as far as possible, then straighten it



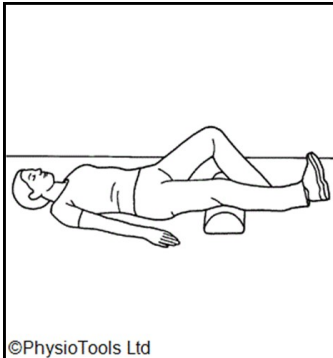
2. Keeping your legs straight, take 1 leg out to the side as far as you can and then bring it back in



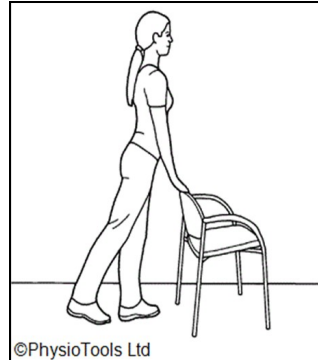
3. Bend your knee, then roll it out and in.

## Hip and knee exercises (continued)

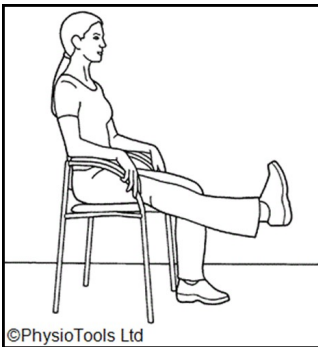
Do the following exercises 10 to 20 times 3 times a day



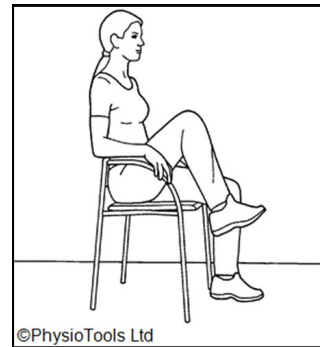
**1.**For strengthening, put a rolled up towel beneath your knee. Straighten the knee and hold for 10 seconds



**2.**In standing, take your leg out behind you



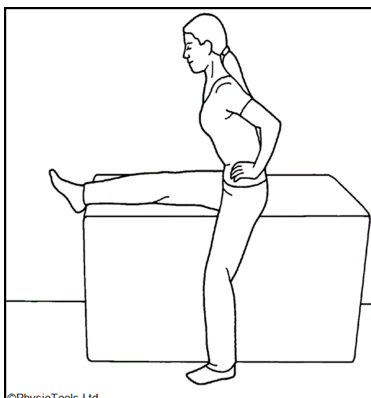
**3.**In sitting, slowly bend your knee, then straighten your knee to push your leg out in front of you



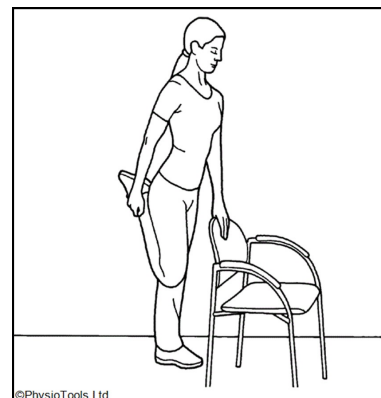
**4.**March your feet whilst sitting in a chair.

## Stretches

Hold each for 20 seconds, and repeat 4 times, 3 times a day

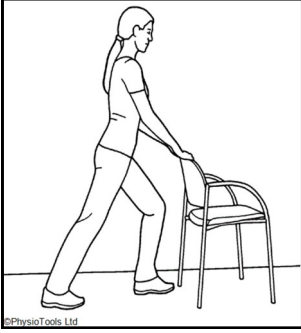


**1.**Sit on the bed with 1 leg out and the other foot on the floor. Reach slowly forwards towards your toes

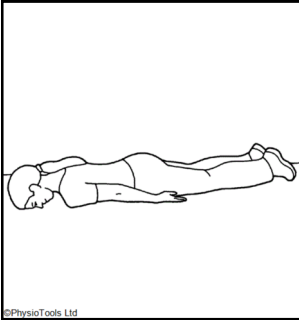


**2.**Stand on 1 leg and bend your other knee behind you. Heel to bottom.

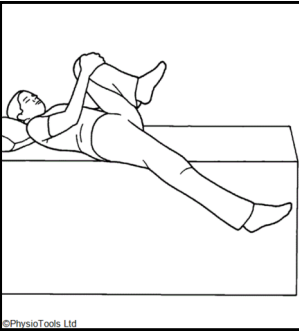
## Stretch exercises (continued)



3. Stand and place hands on stable chair or wall.  
Place 1 foot behind and bend front knee. Now change legs over and repeat calf stretch on the other leg.



4. Lie flat on your front for 10 minutes



5. Lie on your back with 1 leg bent over the edge of the bed.  
Slowly bring the other knee up to your chest. Change legs and repeat stretch with the other leg

## Contact details

### Hand, Burns and Plastics Therapy Department

Leicester Royal Infirmary: 0116 258 6826

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Previous reference:

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