

Education

1. You will be placed in a dressing for burn healing and will have an ace bandage or tubigrip (elastic tube bandage).
 - a. The bandage supports your blood vessels.
 - b. It prevents swelling in your leg and foot.
 - c. It decreases pain when you have your leg and foot down for walking.
2. You should keep your leg and foot elevated above your heart when you are not walking. This helps get the fluid out of your foot and leg which can prevent painful swelling and infection (cellulitis).
3. When you are walking, you need to bear weight fully on your foot and leg. This uses the muscles in your foot and leg to help pump the blood and fluid out of your foot and leg making it less painful. You should do a warm up (like ankle pumps or ankle circles) then quickly start walking to avoid standing. **NO CANE OR CRUTCHES!**

Complete all stretches hourly during the day. Hold all stretches for 30 seconds and repeat 5 times!



Check out our YouTube Therapy Videos for more information on how to perform these stretches! Please go to **YouTube.com** and in the SEARCH bar type in:

UW Burns 406: Ace Wrapping and Tubigrip

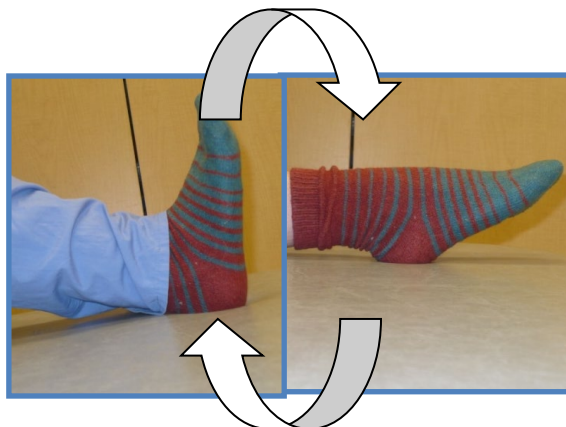
UW Burns 202: Overview of Stretches

UW Burns 305 Foot and Leg Stretches

STRETCHES

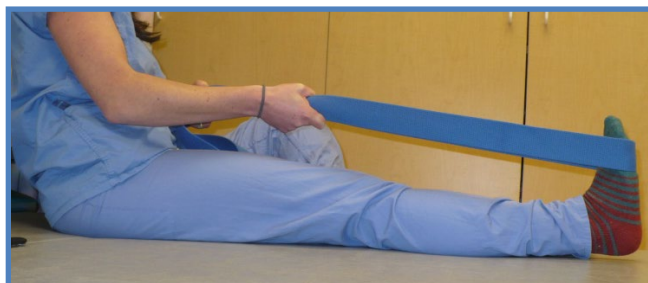
Ankle Pumps

- Move foot up and down pumping the ankle as far up and down as you can.
- Repeat this 10 times.
- Do this prior to walking.



Calf Stretch

- Sit as shown. Loop towel around ball of foot.
- Pull back on towel, keeping your knee straight, until you feel a strong stretch.
- Hold for 30 seconds. Repeat 5 times.



Walking

- Walk at a normal pace.
- Try to maintain equal time on each leg to eliminate limp and keep toes pointing forward.
- **NO** cane or crutches.

Your questions are important. Call your doctor or health care provider if you have questions or concerns. Burn/Plastic Surgery Clinic: weekdays 8am – 4pm at 206-744-5735. You can also call the Discharge Nurse at 206-744-DCRN (3276).

If you are a patient of another service, call that clinic, or their on-call doctor at (206) 744-3000 or the Community Care Line consulting nurse at (206) 744-2500.