

Fast Track: Pediatric Palm Burn Exercises and Activities

How to Stretch

1. Use both your hands to hold your child's hand.
2. Bend the child's fingers back as far as they can go.
3. Bring the child's thumb out to the side as far as it can go.
4. Use the non-burned hand to see how far the child's fingers can bend back normally.

Complete all stretches hourly while your child is awake. 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 202: Overview of Stretches

UW Burns 301 Pediatric Palm Stretches



Your child may cry or try to push you away, but it is VERY IMPORTANT that you keep stretching to prevent the skin from shrinking and becoming tight.

Palm Stretch

- 5 times, hold for 30 seconds each time.
- Repeat this **EVERY HOUR THE CHILD IS AWAKE** (no fewer than 8 times per day)
 - At diaper changes and when you wash his/her hand
 - Continue stretching every day until the doctor or therapist tells you to stop

Activities

- Use both hands to hold a cup or bottle
- Crawling on hands, crawling fast on all fours
- Squeeze a sponge full of soap to make bubbles
- Bath time “finger-paint” with soap or shaving cream
- Blow bubbles for the child to pop with his/her hands
- Play with beach ball or inflated balloon
- Play “patty cake”

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.