

Active Range of Motion Exercises for Adults with Facial Burns

A therapy pamphlet for patients and their carers.

Following a burn injury to the mouth and/or face, it is possible that scarring and contractures may occur. This pamphlet describes exercises to minimise contracture development for the mouth and face. Your speech pathologist will indicate which exercises you need to practice.

Practice these exercises 5 times daily, with 10 repetitions per exercise (1).



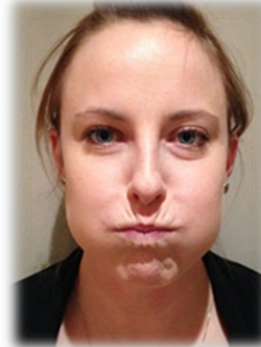
Open your mouth as wide as possible.



Smile as broadly as possible.



Purse your lips as if to whistle.



Puff up your cheeks.



Run the tip of your tongue around the inside of your lips pushing outward.



Pull your lips over teeth



Close your eyes tightly



Raise your eyebrows & open eyes wide



Frown



Wrinkle your nose

Rumbach, A. F., Ward, E. C., McKinnon DuBose, C., & Clayton, N. A. (2009). Burn injury. *Dysphagia post trauma*. San Francisco: Plural Publishing, 151-99.

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