

Active Range of Motion Exercises for Children with Facial Burns

A therapy pamphlet for patients and their carers.

Following a severe 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).



Big smile



Close your eyes



Frown



Hide your teeth



Puff your cheeks



Open your mouth as wide as you can



Give a kiss



Raise your eyebrows

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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