

Burn Care Exercise Program

Swelling After a Burn

Swelling and stiffness are common after a burn injury. This can cause pain and stiffness. It can affect your movement and your ability to do your daily activities.

- Swelling can cause pain because it stretches sensitive skin and compresses (squeezes) the joint.

How to manage swelling:

- Raise the swollen area above your heart when sitting or lying down.
 - › For example, use pillows to raise a swollen arm or leg.
- Gentle range of motion exercises can help. Your therapist will prescribe an exercise program for you.
- Light pressure may help. Your therapist may prescribe Tubigrip® sleeves, pressure garments, or gloves.



Your therapist will talk with you about ways to manage your swelling.

What are your questions? Please ask.

Therapist: _____

Phone: _____

Prepared by: Rehabilitation Services

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This pamphlet is for educational purposes only. It is not intended to replace the advice or professional judgment of a health care provider. The information may not apply to all situations. If you have any questions, please ask your health care provider.