

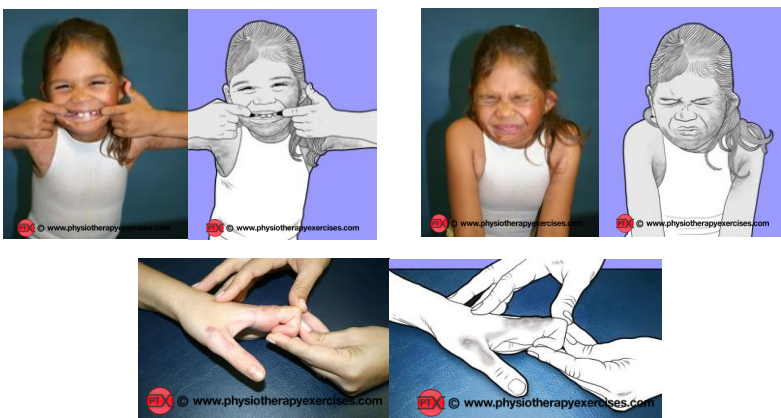
Knowledge is power – developing an online resource of Paediatric burns specific exercises.

Claire Toose¹, Stephanie Wicks¹, Cheri Templeton¹, Anne Darton², Rachel Edmondson³, Julie Bricknell³, Joanne Glinsky⁴, Lisa Harvey⁴
¹The Children's Hospital at Westmead ²Agency for Clinical Innovation ³Royal North Shore Hospital ⁴John Walsh Centre for Rehabilitation Research, University of Sydney

PTX or www.physiotherapyexercises.com is a freely available, web based resource that allows therapists to design exercise booklets of appropriate, meaningful and specific exercises for their patients. PTX and NSW expert burns clinicians have developed a catalogue of specific exercises for managing paediatric patients following burn injury, as the exercises prescribed and treatment course is significantly different for the paediatric population.



Both independent and assisted exercises have been included.



Paediatric burn survivors have been used to demonstrate each exercise.

- Benefits of the PTX website:
- Freely available
 - Accessible by therapists all over the world
 - Can enhance therapists understanding of burn specific rehabilitation exercises
 - Allows design of exercise programs that appropriately meet therapy goals
 - Individualised programs can be printed or sent to a client's device via the mobile app
 - Can monitor compliance with treatment via the app
 - Each exercise includes sketch, photo, instructions for both client and therapist, precautions and modifications

- This is a valuable resource:
- for experienced burns clinicians who can use it to improve engagement with and effectiveness of their therapy program
 - for less experienced clinicians who can use it as a guide to the types of exercises needed to effectively manage the contractile forces of burns scars in specific areas
 - for burns survivors and their carers who can access detailed copies of their rehabilitation programs to empower them in their recovery

