

Case of Burn (adult)

A man of 44 years old was referred to OT burn unit due to having a burn injury at his work as he is a chef, the burn is 3rd degree on his hand including the distal part of his forearm more toward the radial side. He underwent a surgery then he was referred to OT.

Background information:

He is married, has 2 children and lives in a two-story house. His hobby is cooking, which is also his job. He also likes fishing and he goes with his friends every weekend to fish.

How the injury happened?

The chef was preparing a dish, then the pan slipped from his hand. he unconsciously tried to prevent the food from falling which made him put his hand through the flame.

Patient concern:

He wants to be able to cook again.

Assessment:

The occupational therapist:

- [Observed for a scar](#): the man had a burn scar all over his hand.
- [ROM assessment](#): the thumb and index finger showed decreased ROM
- [Hand functions assessment](#): the man had decreased ability to release, pinch, and to do in hand manipulation
- [Sensory assessment](#): the man had decreased sensation on the radial side of his hand

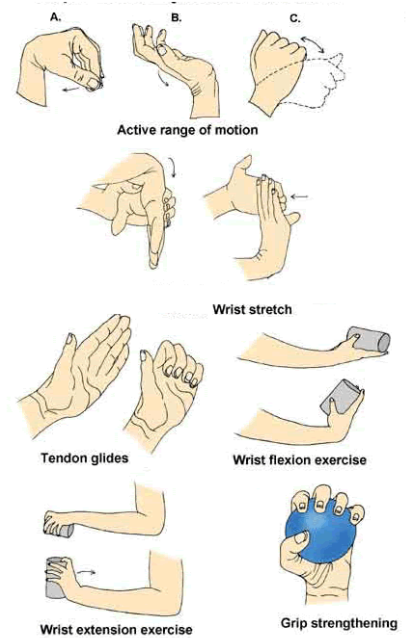
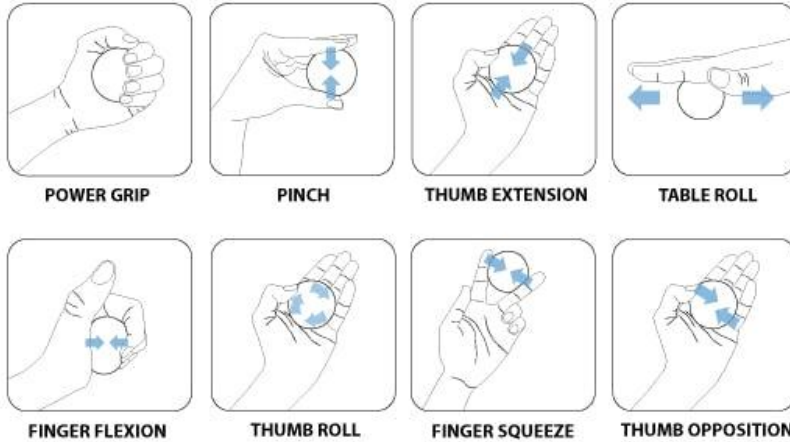
Intervention:

The intervention included:

- **Scar massage:**
 - Applied a non-perfumed moisturizing cream on the area of the scar.
 - Placed the pad of your thumb on the scar and massage using a slow, circular motion so that the skin moves on the underlying scar tissue.
 - Repeated this process across the entire scar using firm pressure without causing any damage to the skin.
 - Kept doing this until the adhesion got softer.

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- **ROM exercises** for his hand and especially radial deviation, thumb and index.
 - The patient was asked to do some exercises like the pictures.



- **Hand function retraining:**
 - Asked him to hide a coin in his hand and then put it in a moneybox
 - Spinning game
 - Finger Twister
 - Finger soccer
 - Clothespin activities
 - Squeeze a ball
- **Sensory desensitization**
 - Rough ball and sponge were used to give the patient sensory input.
 - The ball was put on his hand and manipulated all over the area of decreased sensation for several minutes.
 - The process was repeated for the sponge.

