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Play, Exercise, and Care: Supporting Your Child Through Burn Recovery

修訂: 2025/06/23

復健科



新竹市立馬偕兒童醫院

委託台灣基督長老教會馬偕醫療財團法人興建經營

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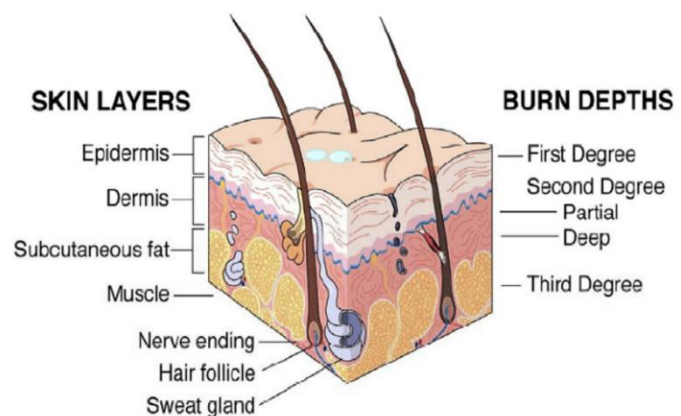
Physical therapist: YA-HSING, CHENG

Burn Injury Care and Rehabilitation for Children

Helping Families Support Their Child Through Recovery

1. Understanding Burn Classifications

Burns are classified according to
the depth of skin injury:



Degree	Depth of Injury	Appearance	Pain	Healing Time	Scarring
First-degree burn	Epidermis (outermost layer)	Red skin, similar to sunburn	Painful	3–5 days	No scar
Superficial second-degree burn	Epidermis and upper dermis	Bright red skin, small blisters	Intense pain	Within 2 weeks	Minimal scarring
Deep second-degree burn	Epidermis and most of the dermis	Pale red or whitish color, large blisters	Dull pain	Over 3 weeks	Scarring likely
Third-degree burn	Entire epidermis and full dermis	White or charred black, no blisters	Painless (nerve endings destroyed)	Requires debridement and skin grafting	Permanent scar

2. Phases of Burn Rehabilitation

1. Pre-grafting phase (Acute phase)

- **Goal:** Reduce swelling and prevent loss of movement
- Encourage active joint exercises and limb elevation to minimize edema
- Maintain mobility and involve family members in daily exercises

2. Post-grafting phase

- Physical therapists collaborate with plastic surgeons to prevent complications and optimize recovery after surgery

3. Pre-discharge phase

- Educate patients and families on **scar massage, pressure garment use, stretching, and strengthening exercises**
- Aim to prevent scar overgrowth and joint contractures that may limit daily function

3. Physical Therapy Interventions

- Burn assessment and evaluation
- Proper positioning guidance
- Joint mobilization and stretching
- Muscle strengthening and endurance training
- Scar care education and consultation
- Activities of daily living and developmental assessment
- School or social reintegration evaluation
- Psychological and emotional support

4. Key Points for Pediatric Burn Rehabilitation

- Assess the child's **tolerance and compliance** with scar management and pressure garment use
- Conduct regular physical examinations to monitor recovery progress
- Develop **patient-centered goals** and incorporate the child's interests to improve motivation and participation
- Reassess pressure garments **monthly**, as children grow quickly
- Maintain **skin hydration** to reduce pain and itching

Scar Massage Guidelines

- In the first few days after wound closure: use **gentle point pressure**
- Once the scar is more tolerant: proceed with **small circular motions**
- Massage each area **10–20 times** to soften the scar, increase skin flexibility, and reduce adhesion

5. Important Precautions

1. Choose **alcohol-free lotions**, and observe for allergic reactions after application.
2. Massage pressure should **increase gradually**.

Avoid massage when:

- Skin integrity is compromised
- The wound shows acute inflammation or reopening
- Skin grafting fails
- The child experiences discomfort or allergic reactions

Seek professional medical assistance in such cases.

6. Emotional Support and Confidence Building

- Help the child **understand their healing process** and build self-confidence
- Use **play-based exercises** to promote stretching and joint mobility
- Maintain **good activity levels and skin hydration** for healthy scar development
- The **critical period for scar formation** lasts about **1.5 to 2 years**
 - Rehabilitation can be long and challenging, but with family support and encouragement, children can regain comfort and confidence.

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Hsinchu MacKay Children's Hospital — Caring for Your Child's Health and Development