**PARKING**

**Argyle Street Car Park Open:**
Monday to Thursday 8.00am - 6.30pm
Friday 8.00am - 9.30pm
Saturday 8.30am - 5.30pm
Sunday 9.30am - 4.30pm

**Market Place Car Park Open:**
24 hours a day, 7 days a week.
This information was correct at time of publication. For updated information please refer to www.hobartcity.com.au

**Street Parking**
Parking spaces are available outside the RHH in Campbell and Argyle Streets.

**Short Term Parking**
Short term parking for people with disabilities, and/or for patient drop off/pick up is available in the forecourt of the RHH in Liverpool Street and outside the RHH in Argyle and Campbell Streets.

**Please note:**
The Liverpool Street entrance to the RHH is accessible 24 hours a day, seven days per week but the Argyle and Campbell Street entrances are closed between the hours of 8.30pm to 6.00am.

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**Contact Details**
Burns Outpatient Clinic
12th Floor, Wellington Clinics
Argyle Street

**Business Hours:**
Monday, Tuesday, Thursday and Friday
Telephone: 6166 0098
Fax: 6234 9636

**Wednesdays, Weekends, Public Holidays and after hours contact:**
Tasmanian Burns Unit
Surgical Specialities
5th Floor, A Block
Telephone: 6166 8566
Fax: 6234 9636
(this service is also available 24hrs/day for advice).

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The Royal Hobart Hospital (RHH) is Tasmania’s largest hospital and provides a number of statewide services including cardiothoracic surgery, neurosurgery, burns, hyperbaric and diving medicine, neonatal and paediatric intensive care and high-risk obstetrics.

RHH is also Tasmania’s major teaching and research hospital and works closely with the University of Tasmania.

Many health care professions are taught within RHH; an important part of training is learning about examining and interviewing patients.

We ask for your cooperation with our teaching and research activities. Your permission is required for participation.

RHH welcomes feedback from patients and visitors to help us better understand your needs and improve care. Contact the Consumer Liaison Service on (03) 6166 8154.

Royal Hobart Hospital is a smoke-free site.

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Patient Information Brochure

Burns Care
Exercises for Ankle & Foot Burns

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Royal Hobart Hospital

Tasmanian Health Service

Tasmanian Government
Following a burn to the leg and foot it is important to keep your ankle moving to prevent stiffness. Ankles and toes can become stiff following a burn due to the tightening or contracture of the scar during healing.

These exercises will help your foot move normally again following your burn.

It is important that you do these exercises WHILE your burn is healing and not just after it has healed.

Do these exercises every waking hour, x10 repetitions. Keep your leg elevated.

It is also important to elevate your leg during the day to reduce the amount of swelling in your foot.

1. **Toe Curling**  
   Bend your toes as much as you can.

2. **Draw Circles With Your Ankle**  
   Point your toes towards the ground and move your ankles in circles.

3. **Ankle Plantarflexion**  
   Bend your ankle so your toes are pointing down to the floor (imagine you are pushing the accelerator down in your care).

4. **Ankle Dorsiflexion**  
   Bend your ankle so that your toes are pointing up to the ceiling.

5. **Ankle Eversion**  
   Turn your ankle outwards so that the sole of your foot is facing away from your other foot.

6. **Ankle Inversion**  
   Turn your ankle inwards so that the sole of your foot is facing your other foot.