

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:

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 6am.

Contact Details

- Royal Hobart Hospital Burns Outpatient Clinic**
Level 12, Wellington Clinics
Argyle Street, Hobart
Business Hours:
Monday, Tuesday, Thursday and Friday
Telephone: 6166 0098
Fax: 6234 9636
Wednesdays, Weekends, Public Holidays and afterhours contact
Tasmanian Burns Unit
K9 East, RHH
Telephone: 6166 8566 (this service is available 24hrs/day for advice)
- Royal Hobart Hospital Occupational Therapy Department**
Telephone: 0448 912 261
- North West Regional Hospital Occupational Therapy Department**
Telephone: 6493 6187
- Launceston General Hospital Hand Physiotherapy Department**
Telephone: 6777 6216

Tasmanian Health Service (THS)

The THS integrates acute, primary and community services. This integration has given service providers the flexibility to ensure people have the best services we can provide, as close as possible to where they live.

The THS includes Tasmania's largest hospital and referral centre plus a range of rural hospitals, multi-purpose and community health centres, supported by a wide range of community based services.

THS welcomes feedback from patients and visitors to help us better understand your needs and improve care. Contact the Consumer Liaison Service on 1800 811 911.



THS buildings are smoke-free sites.



Date: September 2020 Review Date: Sep 2024
Surgery - Burns - Exercises for Hand Burns

Tasmanian Burns Service

Burns Care Exercises for Hand Burns

Patient Information Brochure

TASMANIAN
HEALTH
SERVICE

Tasmanian
Government

Hand Exercises

Following a burn to the hand it is important to keep your hand moving to prevent stiffness.

Hands can become stiff following a burn due to the tight scar that can form during healing. These hand exercises will help your hand move normally again following your burn.

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

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



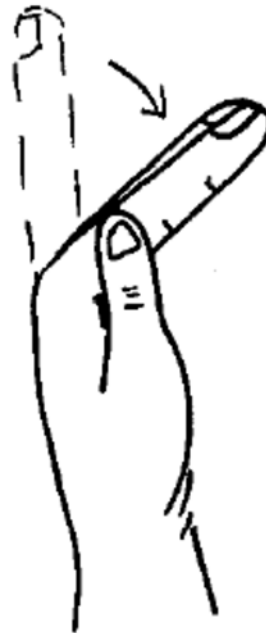
Move your wrist forward and back.



Touch each fingertip with your thumb, then stretch your thumb back.



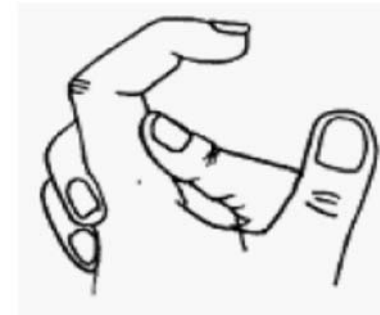
Make a fist then straighten your fingers.



Bend your fingers at the knuckle while keeping your fingers straight.



If your fingers are burnt, support each finger with the other hand and wiggle the finger tip.



If your fingers are burnt, support the bottom of each finger with your other hand, then bend at the middle joint and then straighten.