

# Physiotherapy in inherited epidermolysis bullosa

Heading Video under the responsibility of the French network for rare skin diseases FIMARAD

*Video link*

## MESSAGES TO TAKE HOME

- The painful wounds can limit children's every-day hand function
- The effects of EB on fine motor skills depend on the type and severity of EB and the child's lifestyle
- Each child should regularly see a physiotherapist familiar with EB, since infancy
- The objective is to keep children independent and integrated in their community
- It requires suitable daily exercises, some of them have to be easily realized at home
- Before starting the softening exercises make sure the hands are clean
- Gently massage hands and joints with emollient cream or Vaseline
- Pay attention to thumb extend, prevent retractions, insist on opening and closing the hands
- Learn to practice self-stretches, check that dressings do not avoid hands or joints mobilities +++
- Practice various pinch exercises, with different tools: foam ball, big sponge, play dough, bigger and smaller tools like pearls, buttons, special keyboards, spring-action scissors, finger guides...
- Maintain muscular strength

See more on: [www.debra-international.org](http://www.debra-international.org)