

**FOR IMMEDIATE RELEASE**

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**“EXERCISE AFTER BURN INJURY” VIDEO WINS TELLY AWARD**

WASHINGTON, D.C. — A video that highlights the benefits of exercise after experiencing a burn injury was awarded a Bronze Telly Award. “Exercise After Burn Injury” was produced in partnership between the Model Systems Knowledge Translation Center (MSKTC) and the Burn Model System (BMS) Centers Program—both of which are funded by the National Institute on Disability, Independent Living, and Rehabilitation Research. Collaborating entities to produce the video included [American Institutes for Research](#) and [WETA](#) of the MSKTC and the [Boston-Harvard Burn Injury Model System \(BHBIMS\)](#) at the Spaulding Rehabilitation Network of the BMS.

The 18-minute video, filmed at Spaulding Rehabilitation Hospital, features three burn survivors who share their experiences beginning and maintaining an exercise routine after burn injury. The video also includes health care professionals at the BHBIMS center who explain the importance of exercising after experiencing a burn injury. In addition, survivors and health care professionals featured in the video offer strategies to encourage exercise after one experiences a burn injury.

“Ongoing patient education is a priority at the Boston-Harvard Burn Injury Model System,” said Dr. Jeffery Schneider, project director of the BHBIMS. “It is our hope that the attention that comes with this award will raise awareness of the importance of exercise after burn injury in improving burn survivors’ quality of life and lead to increased utilization of exercise in burn recovery throughout health care facilities across the country.”

The Telly Awards were founded in 1978 to honor film and video productions, groundbreaking web commercials, videos and films, and outstanding local, regional and cable TV commercials and programs. “Exercise After Burn Injury” is the third video produced by the MSKTC to be recognized with a Telly Award. The video [“Relationships After Traumatic Brain Injury”](#) received a Telly Award in 2013, and [“Employment After Burn Injury”](#) received a Telly Award in 2014.

The “Exercise After Burn Injury” video is part of a hot topic module — a suite of free resources that includes videos, a factsheet and a narrated slideshow. These resources explain how exercise can enhance recovery and quality of life for people who have experienced a burn injury. To view the award-winning “Exercise After Burn Injury” video and companion clips, visit <http://www.msktc.org/burn/Hot-Topics/Exercise/Exercise-After-Burn-Injury>. To access the entire hot topic module, including the 18-minute video, companion clips, factsheets and slideshow, visit <http://www.msktc.org/burn/Hot-Topics/Exercise>.

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#### **ABOUT THE MODEL SYSTEMS KNOWLEDGE TRANSLATION CENTER**

The Model Systems Knowledge Translation Center (MSKTC) is a national center that supports the Model Systems programs in meeting the information needs of individuals with spinal cord injury (SCI), traumatic brain injury (TBI), and burn injury by summarizing research, identifying health information needs and developing and disseminating information resources. The MSKTC is funded by the National Institute on Disability, Independent Living, and Rehabilitation Research (NIDILRR). NIDILRR is a center within the Administration for Community Living, U.S. Department of Health and Human Services. For more information about the MSKTC, visit <http://www.msktc.org>. The MSKTC is operated by American Institutes for Research (AIR). For more information about AIR, visit <http://www.air.org>.

#### **ABOUT THE BOSTON-HARVARD BURN INJURY MODEL SYSTEM**

The Boston-Harvard Burn Injury Model System is part of the Burn Injury Model System (BMS) Centers Program that supports innovative research in the delivery, demonstration and evaluation of medical and rehabilitation services designed to meet the needs of individuals with severe burn injuries. BMS Centers participate in independent and collaborative research. The program also provides information and resources to individuals with burn injuries; their families, caregivers and friends; health care professionals; and the general public. The BMS Centers Program is funded by the National Institute on Disability, Independent Living, and Rehabilitation Research (NIDILRR). NIDILRR is a center within the Administration for Community Living, U.S. Department of Health and Human Services. The BHBIMS is a collaboration of the Spaulding Rehabilitation Hospital, Massachusetts General Hospital, Shriners Hospital, and Brigham and Women’s Hospital. Spaulding Rehabilitation Hospital has been designated a Model System in burn injury, traumatic brain injury, and spinal cord injury. For more information about the BHBIMS, visit <http://www.bh-bims.org>. For more information about Spaulding, visit [www.spauldingrehab.org](http://www.spauldingrehab.org).

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