

# Burn Care Exercise Program

## Trunk Active Range of Motion – Standing

### Instructions

- ✓ Do these exercises at least 4 times a day.
- ✓ Repeat each exercise 8 to 10 times.
- ✓ Hold each stretch for 20 to 30 seconds.

### Trunk rotation (right)

- Stand up with your feet planted firmly on the ground.
- Rotate (turn) your entire trunk towards the right, twisting through your back.
- You should feel a stretch down your left side.



### Trunk rotation (left)

- Stand up with your feet planted firmly on the ground.
- Rotate your entire trunk towards the left, twisting through your back.
- You should feel a stretch down your right side.



**What are your questions? Please ask.**

**Therapist:** \_\_\_\_\_

**Phone:** \_\_\_\_\_

### 1. Trunk side-bend (right)

- Stand up with your feet planted firmly on the ground.
- Bend to the right, running your right arm down the side of your right leg.
- Do not move your hips.
- You should feel a stretch down your left side.



### 2. Trunk side-bend (left)

- Stand up with your feet planted firmly on the ground.
- Bend to the left, running your left arm down the side of your left leg.
- Do not move your hips.
- You should feel a stretch down your right side.

### 3. Trunk flexion

- Stand up with your feet planted firmly on the ground.
- Bend forward and reach towards the ground.
- Round your back as you bend forward.
- Keep your knees, shoulders, and neck relaxed.
- You should feel a stretch down your back.



### 4. Trunk extension

- Stand with your feet planted firmly on the ground and your hands on your hips.
- Arch your back and lean backwards.
- You should feel a stretch across your chest and stomach.