Burn Care Exercise Program
Trunk Active Range of Motion – Sitting

Instructions
✓ Do these exercises at least 4 times per day.
✓ Do 8-10 repetitions.
✓ Hold each stretch for 20-30 seconds.

Note: If you have trouble with your balance while seated, you can use a chair with arms. Hold onto the arms for balance while doing these exercises.

Trunk rotation (right)
• While seated comfortably in a chair, rotate (turn) your entire trunk towards the right as far as you can.
• You should feel a stretch along your left side.
• Keep your feet planted firmly on the floor.

Trunk rotation (left)
• While seated comfortably in a chair, rotate your entire trunk towards the left as far as you can.
• You should feel a stretch along your right side.
• Keep your feet planted firmly on the floor.

What are your questions? Please ask.
Therapist: ____________________________
Phone: ____________________________
1. Trunk side-bend (right)
   • While seated comfortably in a chair, allow your right arm to slide down the side of your body and bend your trunk towards the right.
   • You should feel a stretch along your left side.
   • Keep your feet planted firmly on the floor.

2. Trunk side-bend (left)
   • While seated comfortably in a chair, allow your left arm to slide down the side of your body and bend your trunk towards the left.
   • You should feel a stretch along your right side.
   • Keep your feet planted firmly on the floor.

3. Trunk flexion
   • Sit comfortably in a chair.
   • Bend forward as far as you can, arching your back as you go down. Relax your neck and shoulders as you bend.
   • You should feel a stretch down your back.
   • Be sure to keep your bum on the chair and feet planted firmly on the floor at all times.

4. Trunk extension
   • Sit comfortably in a chair.
   • Place your hands on your hips.
   • Arch your back and lean backwards, towards the back of the chair.
   • You should feel a stretch down the front of your chest and stomach.
   • Keep your feet planted firmly on the floor.