Burn Care Exercise Program
Trunk Active Range of Motion – Standing

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