

Burn Care Exercise Program

Trunk Active Range of Motion – Sitting

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.

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.