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: ________________________________

Prepared by: Rehabilitation Services
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The information in this pamphlet is to be updated every 3 years or as needed.
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.