

Exercises after Burn Injury to your Trunk


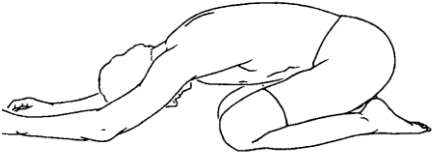
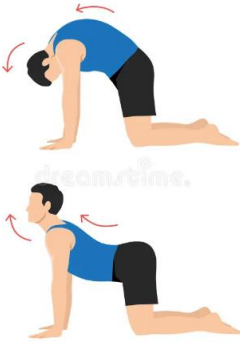
A) Stretching Activities

Stretches should be completed **4 to 5 times per day**. **Hold each stretch for 1 minute** at the maximum range of motion for the best effect. Follow your stretches with some exercises from Section B) Strengthening and Endurance Activities.



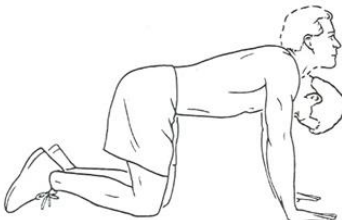
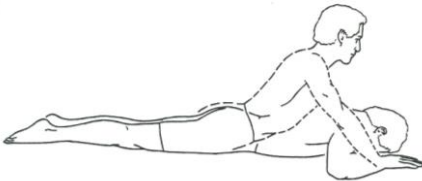
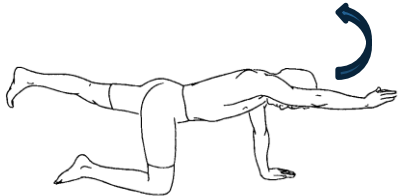
Scan the QR code to watch videos of the exercises

| <input type="checkbox"/> 1. Trunk Forwards | <input type="checkbox"/> 2. Trunk Extension | <input type="checkbox"/> 3. Trunk Rotation |
|--|--|---|
| | | |
| <ul style="list-style-type: none"> Sitting on a chair lean forward to put your chest on your knees Hold for 1 minute | <ul style="list-style-type: none"> Sit in a high backed chair Arch backwards to stretch over the back of the chair Hold for 1 minute | <ul style="list-style-type: none"> Twist as far as you can to the right whilst either sitting or standing Hold for 1 minute Now repeat in the opposite direction |
| <input type="checkbox"/> 4. Sideways stretch | <input type="checkbox"/> 5. Extension over a Ball | <input type="checkbox"/> 6. Sideways over a Ball |
| | | |
| <ul style="list-style-type: none"> Hands together or stretch one hand over your head, lean to one side, Hold for 1 minute Now repeat in the opposite direction | <ul style="list-style-type: none"> Lie on your back over a ball Slowly lower your head / trunk backwards as far as you can Hold for 1 minute | <ul style="list-style-type: none"> Lie on your side over a therapy ball Lift your top arm above your head to further the stretch Hold for 1 minute |
| <input type="checkbox"/> 7. Mini Push Up | <input type="checkbox"/> 8. Shoulder & Trunk over Pillow | <input type="checkbox"/> 9. Trunk Rotation (Supine) |
| | | |
| <ul style="list-style-type: none"> Lie on your stomach, arch your back and lift your head and shoulders up by straightening your elbows Hold for 1 minute | <ul style="list-style-type: none"> Lie on your back with a pillow behind your upper back Clasp your arms behind your head and slowly arch backwards Hold for 1 minute | <ul style="list-style-type: none"> Lie on your back with your knees bent and your feet flat Spread your arms out wide and twist both your knees over to one side, Hold for 1 minute Now repeat in the opposite direction |

| 10. Trunk Rotation (4pt kneel) | 11. Trunk / Shoulder stretch | 12. Trunk arches |
|---|--|---|
|  |  |  |
| <ul style="list-style-type: none"> Resting on your hands and knees, thread one hand under your body Rotate as far as you can Hold for 1 minute Now repeat in the opposite direction | <ul style="list-style-type: none"> Kneel down and gently rock your bottom back onto your heels Keep your hands resting on the ground in front to allow your shoulders to stretch to the maximum Hold for 1 minute | <ul style="list-style-type: none"> Resting on your hands and knees, arch you back upwards into a C shape while stretching your head down Hold for 1 minute Now arch your back in the opposite direction and lift your head up Hold for 1 minute |

B) Strengthening & Endurance Activities

Strengthening exercises should be done after completing your stretching exercises from Section A. Unless told otherwise by your physiotherapist, start your strengthening exercises at **3 sets of 10 repetitions initially with 1 minute rests between each set**. To make the exercises harder, increase the number of repetitions first up to 12 and then 15. Once you are able to do 3 sets of 15 comfortably, you can then increase the weights required for each exercises.

| 1. Neck Extension (4pt kneel) | 2. Mini Push Up | 3. Alternative Arm & Leg Lifts |
|---|---|--|
|  |  |  |
| <ul style="list-style-type: none"> Resting on your hands and knees lift your head backwards as far as you can Hold for 5 seconds Complete 3 sets of 10 | <ul style="list-style-type: none"> Lie on your stomach and lift your head and shoulders up by straightening your elbows Hold for 5 seconds Complete 3 sets of 10 | <ul style="list-style-type: none"> Resting on your hands and knees slowly lift one arm out to the front whilst moving your alternative leg out to the back. Also lift your head up as far as you can Hold for 5 seconds Complete 10 times |



If you have any questions about your exercise program, please discuss with your physiotherapist at your next appointment or call the **RBWH Physiotherapy department on 3646 4319** to speak with your physiotherapist for more information.

Scan this QR code for more information on our website

