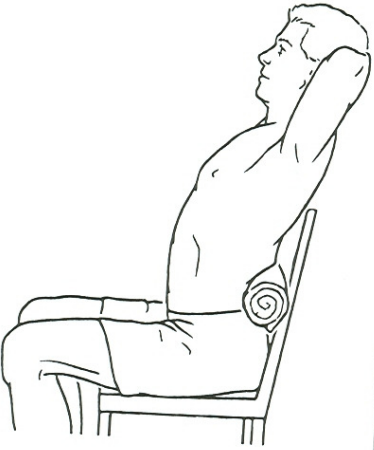
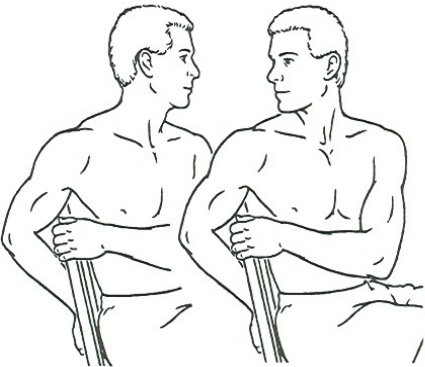
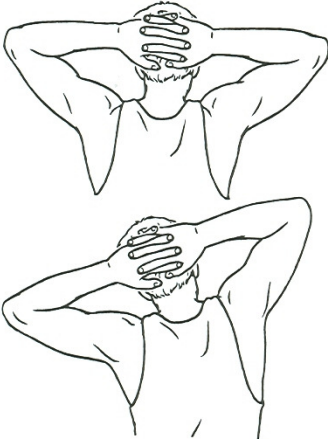
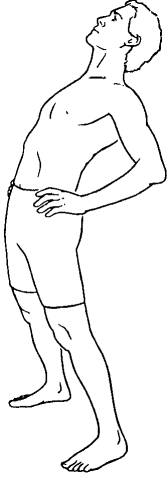
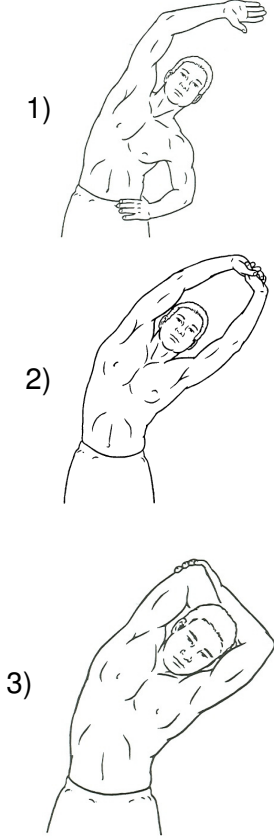
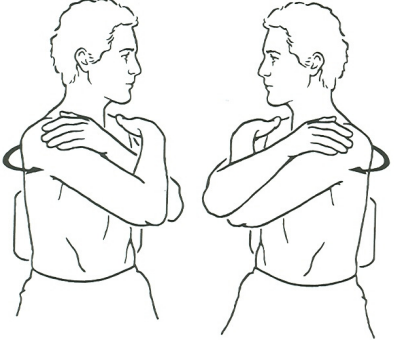


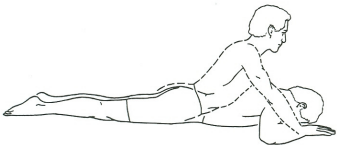
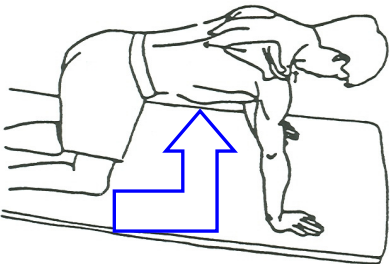


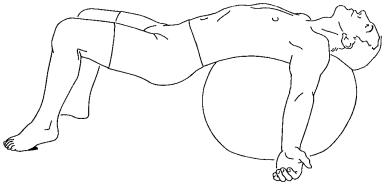

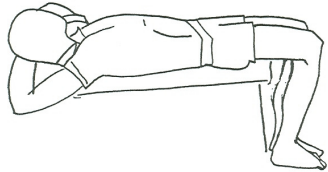
Exercises after Burn Injury to your Trunk

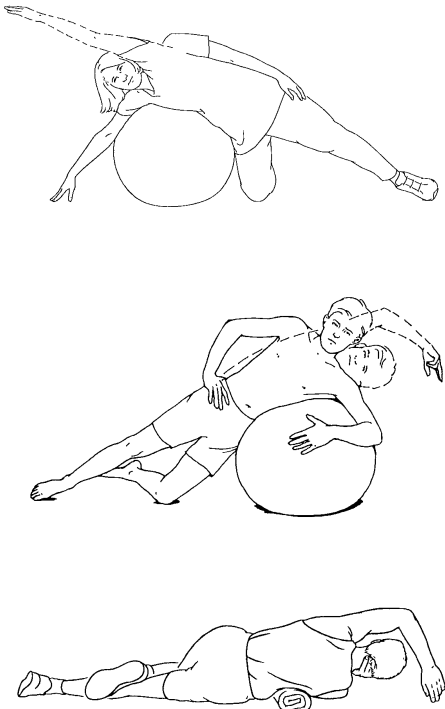
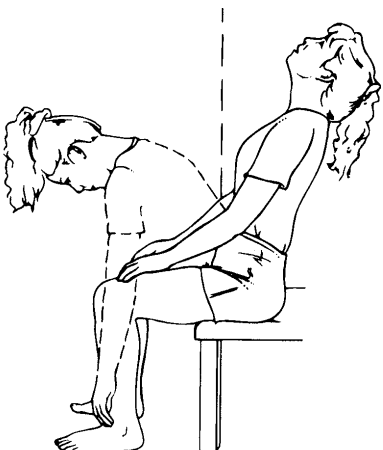
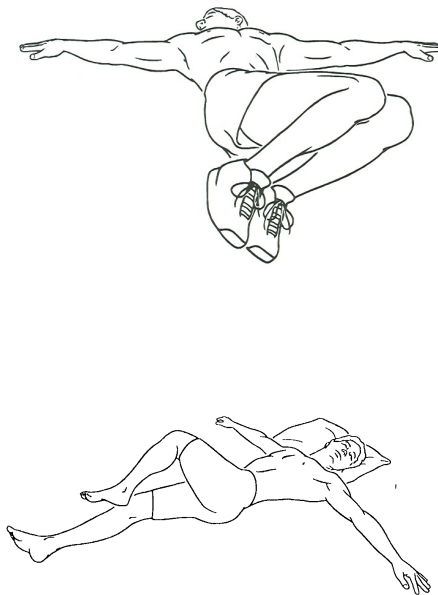
After a burn injury to your trunk, your skin will tighten in an attempt to close and heal the wounds as quickly as possible. During this process it is common for skin contractures (tissue shortening) to develop. Your skin may become tight and this is likely to affect your ability to perform daily activities with your trunk such as turning your body to see behind you and bending to reach objects.

The exercises provided will help to improve the strength of your trunk muscles and also stretch the skin around your trunk. This will help prevent skin contractures, reduce skin tightness and restore full movement at your trunk. It is recommended that you perform these exercises regularly throughout the day - **Every hour is ideal but a minimum of 4 to 5 sessions throughout the day.**

☐ Trunk Extension in Sitting	☐ Trunk Rotation in Sitting	☐ Trunk Side Flexion in Sitting
		
<ul style="list-style-type: none"> ➤ Sit in a high backed chair. Arch backward and stretch over the back of the chair. Hold for 1 minute <p>Do 10 times holding for 1 minute</p>	<ul style="list-style-type: none"> ➤ Sit in a chair and place left hand on the chair under the opposite shoulder. Twist your body to look over your right shoulder using the hand on the chair to pull you around. Hold for 1 minute. ➤ Now turn to the other side <p>Do 10 times holding for 1 minute</p>	<ul style="list-style-type: none"> ➤ Sit with your hands behind your head. Stretch over to the left side and hold for 1 minute. ➤ Now stretch over to the right side and hold for 1 minute. <p>Do 10 times holding for 1 minute</p>

<input type="checkbox"/> Trunk Extension in Standing	<input type="checkbox"/> Trunk Side Flexion with Shoulder stretch	<input type="checkbox"/> Trunk Rotation in Standing
		
<p>➤ Stand with your hands on your hips. Arch backward and stretch the front of your trunk. Hold for 1 minute</p> <p>Do 10 times holding for 1 minute</p>	<p>➤ 1) Stand with your right arm by your side. Reach your left arm over the top of your head and bend sideways towards the right. Hold for 1 minute.</p> <p>➤ 2) You can also do this exercise by clasping both hands above your head and bending to the right.</p> <p>➤ 3) Or you can stand and fold arms above your head, grasping the left elbow. Bend to the right and feel a stretch on the left side of your trunk.</p> <p>➤ Now stretch over to the left side and you should feel a stretch on the right side of your trunk. Hold for 1 minute.</p> <p>Do 10 times holding for 1 minute</p>	<p>➤ Stand with your hands on your head or shoulders. Twist as far as you can to the left and hold for 1 minute.</p> <p>➤ Now twist as far as you can to the right and hold for 1 minute.</p> <p>Do 10 times holding for 1 minute.</p>

<input type="checkbox"/> Mini Push Ups	<input type="checkbox"/> Trunk Rotation in 4 Pt Kneel	<input type="checkbox"/> Alternate Arm and Leg Lifts
		 
<p>➤ Lie on your stomach with your hands under your shoulders. Lift your head and shoulders off the bed by straightening your elbows and extending your back. Hold for 10 seconds then lower slowly to the bed</p> <p>Do 10 times holding for 1 minute</p>	<p>➤ Rest on your hands and knees with hands under your shoulders and knees under hips. Rotate your body to the left and take your right arm across and under the left arm. Hold for 1 minute</p> <p>➤ Now rotate and reach your left arm across to the right</p> <p>Do 10 times holding for 1 minute</p>	<p>➤ 1) Start by resting on your hands and knees with hands under your shoulders and knees under your hips. Now lift your right arm out to the front and your left leg out to the back. Hold for 5-10 seconds. Now repeat with the opposite arm and leg.</p> <p>➤ 2) You can do this same exercise leaning over a therapy ball on your hands and knees.</p> <p>Do 3 sets of 10 repetitions in each direction</p>
<input type="checkbox"/> Trunk Extension over Ball	<input type="checkbox"/> Trunk stretch on back	<input type="checkbox"/> Trunk Stretch over edge of bed
		
<p>➤ Lie on your back over the therapy ball. Slowly lower your head and arms backwards to feel a stretch at the front of your trunk. Hold for 1 minute.</p> <p>➤ You can rest here for longer periods if you can tolerate it.</p> <p>Do 10 times holding for 1 minute</p>	<p>➤ Lie on your back with a pillow behind your upper back. Stretch your head backwards over the pillow. Clasp arms behind your head and push elbows back to the bed. Hold for 1 minute.</p> <p>➤ Progress by increasing the number of pillows under your back.</p> <p>Do 10 times holding for 1 minute or use as Resting Position for 20 minutes</p>	<p>➤ Lie on your back with no pillows and let your knees bend over the edge of the bed.</p> <p>Do 10 times holding for 1 minute or use as Resting Position for 20 minutes</p>

<input type="checkbox"/> Trunk Side Stretch over Ball	<input type="checkbox"/> Trunk Forward and Backward	<input type="checkbox"/> Trunk Rotation in Lying
		
<ul style="list-style-type: none"> ➤ Lie on your side over the therapy ball. Now lift your top arm above your head and hold in this position for 1 minute. ➤ If you don't have a therapy ball use multiple pillows or rolled towels. ➤ Now change and lie on your other side over the therapy ball. <p>Do 10 times holding for 1 minute</p>	<ul style="list-style-type: none"> ➤ Sitting on a chair lean right forward to try to put your chest on your knees. Hold for 1 minute. ➤ Now stretch your trunk backwards as far as you can and Hold for 1 minute. <p>Do 10 times holding for 1 minute</p>	<ul style="list-style-type: none"> ➤ Lie on your back with your knees bent and feet flat on the bed. Spread your arms out to the side at 90 degrees. Now twist both legs over to the right and hold for 1 minute. ➤ You can also try this exercise only bending one leg up. ➤ To progress this exercise clasp hands and twist your arms to the left while you rotate your knees to the right. This will increase the stretch on your trunk. <p>Do 10 times holding for 1 minute</p>

Keep score of how often you complete these exercises (Copy this page and use a new sheet every week)

Exercise	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Trunk Extension in Sitting							
Trunk Rotation in Sitting							
Trunk Side Flexion in Sitting							
Trunk Extension in Standing							
Trunk Side Flexion with Shoulder stretch							
Trunk Rotation in Standing							
Mini Push Ups							
Trunk Rotation in 4 Pt Kneel							
Alternate Arm and Leg Lifts							
Trunk Extension over Ball							
Trunk Stretch on Back							
Trunk Stretch over Edge of Bed							
Trunk Side Stretch Over Ball							
Trunk Forward and Backward							
Trunk Rotation in Lying							