

Thoracic Spine Mobility



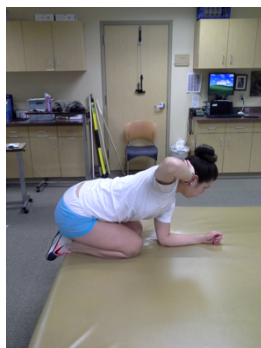
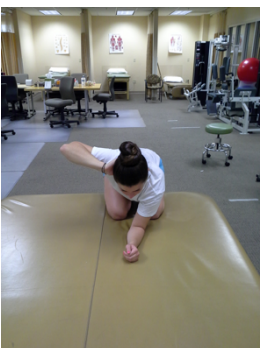
Thoracic foam roll: place the foam roll beneath your upper spine as shown. Put your forearms together to clear your shoulder blades. Exhale while you roll over the foam. Spend 1-2 mins.



Tennis ball stretch: place two tennis balls (taped together) in mid back as shown. Start with arms up above chest. Oscillate arms back and forth. Perform 10 cycles.



Rib rolls: lie on your side as shown. Tack down your top knee with opposite hand. Use top hand to grab opposite side of ribcage. Exhale and rotate. Use hand to assist rotation. Perform 10 on each side.



ER reachbacks: sit on your heels. Place hand behind head with elbow behind ear as shown. Turn your head as you rotate your chest, without leaning or lifting off heels. Perform 10 each direction.

Medical Disclaimer

This online information is intended for your general knowledge only and not to diagnose or treat any specific medical condition. You should consult your healthcare professional before starting an exercise program or to help design an exercise program appropriate for you. Please do not disregard any medical advice and/or delay seeking any medical treatment because of something you read or access through this website. You should stop any exercise and promptly consult your healthcare professional if you experience symptoms such as weakness, unsteadiness, dizziness, chest pain or pressure, nausea, or shortness of breath, or if mild soreness that can occur after beginning an exercise program, fails to improve after 2 or 3 days.

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