



THORACIC SPINE STRETCHES

Upper back



Cross arm, interlock fingers with thumbs pointing down. Roll shoulder forward into "bad posture" – keep chin tucked and stretch forward – Hold for 30 seconds

Side stretch



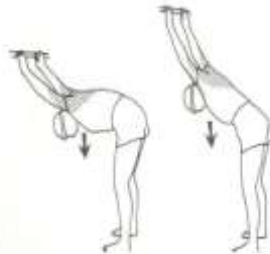
Stand with your feet about shoulder-width apart and toes pointed straight ahead. While keeping your knees slightly bent, place one hand on your hip for support while you extend your other arm up and over your head. Slowly bend at the waist to the side. Hold and relax. Gradually increase the amount of time you hold the stretch (easy stretch for 10-20s seconds). Always come out of a stretch slowly and under control. No quick or jerky movements.

Seated rotation



Sit straight on chair with knees together. Gently rotate as far as comfortable to one side. Hold for 20 seconds. Relax. Repeat other side.

Lat stretch (upper back)



Place both hands shoulder width apart on a ledge which is chest height. Gently lower your upper body – keeping your knees bent. Hold for 30 seconds.

Towel Ball/Extension



Lie on your back with a rolled up towel under your middle back or on an exercise ball. Relax your arms back. Rest for 30-60 seconds.

Cat stretch



On all fours on the ground, first slightly extend through your back for 10 seconds. Then stretch middle back up and hold for 30 seconds.