



**THORACIC (UPPERBACK) MOBILITY EXERCISES**



**Mid Back Arch - Quadruped**

On all fours, let head relax down and maintain an abdominal hollow as you raise spine up between shoulder blades. Hold for 10 relaxed breaths, return to start position, repeat. Stop if the exercise causes pain.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	5
2 x/day	

**Notes:**



**Mid Back / Trunk Rotation**

Sitting, reach one arm across body, supporting the elbow with the opposite hand. Bend forward slightly and rotate upper body in same direction, increasing the stretch at shoulder and midback. Slight pull can be applied at elbow to increase stretch. Hold for 10 relaxed breaths, return to start position, repeat. Stop if the exercise causes pain.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	5
2 x/day	

**Notes:**



**Spinal Flexion - Ball**

Lying with abdomen supported by gym ball, forearms and toes resting on the floor. Slowly roll forward / back on the ball, allowing body to follow the shape of the ball. Stop if the exercise causes pain.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	5
2 x/day	

**Notes:**

Patient:

ID:

Issued By:

Date: 29/08/2024 18:20:48



### Pectorals / Mid Back Extension

Sitting tall, place hands behind ears with elbows out to the sides. Perform chin tuck, raise chest up, and slowly bring elbows backward. Maintain an abdominal hollow. Hold for 10 relaxed breaths, return to start position, repeat. Stop if the exercise causes pain.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	5
2 x/day	

Notes:



### Biceps / Pecs - Ball

Lying on back with spine extended/supported on gym ball, head hanging down in extension. Drop both arms off to the sides at shoulder level, letting arms hang, to feel a stretch across the chest and front of arms. Hold for 10 relaxed breaths, return to start position, repeat. Stop if the exercise causes pain.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	5
2 x/day	

Notes:



### Supported 'Fish'

Lying on back, prop upper body up on elbows. Raise chest up toward ceiling, arching backward and allow head to follow. Hold for 10 relaxed breaths, return to start position, repeat. Maintain an abdominal hollow. Stop if the exercise causes pain.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	5
2 x/day	

Notes:



### Shoulder Hyperflexion

Kneeling, place hands on gym ball with arms extended. Hip, shoulder, and elbow in line. Relax through shoulders, allowing chest to slowly sink toward floor. Hold for 10 relaxed breaths. Stop if the exercise causes pain.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	5
2 x/day	

Notes:



### **Lats Elbow Reach**

Fold arms together on top of head. Bend slightly to one side and direct the top elbow towards the ceiling to feel a stretch in the side and 'arm pit' area. Inhale deeply to increase stretch.

<b>Sets:</b>	
<b>Reps:</b>	2x
<b>Weight:</b>	
<b>Hold:</b>	15 sec
<b>Rest:</b>	5
2 x/day	

**Notes:**



### **'Seated Palm' Trunk Rotation**

Sitting tall with legs crossed, let knees fall down toward floor as far as comfortable. Place one hand on floor behind body, the other hand in front. Twist body, looking over shoulder. Hold for 10 relaxed breaths, trying to move further into the pose with each exhalation. Stop if the exercise causes pain.

<b>Sets:</b>	
<b>Reps:</b>	2x
<b>Weight:</b>	
<b>Hold:</b>	15 sec
<b>Rest:</b>	5
2 x/day	

**Notes:**