

**SIDE LYING TRUNK ROTATION**

While lying on your side with your arms out-stretched in front of your body, slowly twist your upper body to the side and rotated your spine. Your arms and head should also be rotating along with the spine as shown. Follow your head with your hand.

Repeat 10 Times  
Complete 2 Sets

Hold 5 Seconds  
Perform 1 Times a Day

**THORACIC ROTATION - QUADRUPED**

While in a crawl position, lower your buttock a little towards your feet to get in a lower position as shown.

Next, with a hand behind your head, rotate your body and your head to the side, then return.

Repeat 10 Times  
Complete 2 Sets

Hold 5 Seconds  
Perform 1 Times a Day

**SEATED LATERAL TRUNK STRETCH**

While in a seated position, raise your arm over head and bend your body to the opposite side for a stretch. Hold, return to starting position and repeat.

Repeat 10 Times  
Complete 2 Sets

Hold 5 Seconds  
Perform 1 Times a Day



### Thoracic Extension

Sit in a chair with your buttocks along the back of the chair. Interlock your hands and place them behind your head and neck for support. Lean backwards over the back of the chair until you feel a comfortable stretch. Hold for instructed time.

Repeat 3 Times  
Complete 2 Sets

Hold 20 Seconds



### Thoracic Curl -Up

Starting Position

Lay on back with feet flat on the ground. Place hands in the curve of the lower back.



The Movement

Focusing movement in the thoracic spine, curl up through the neck and mid-back. The movement is minimal, if hands under the low back are under complete pressure too much movement has occurred. The movement focuses on the upper portion of the abdominals.

Purpose: Increase mobility of the thoracic spine

Repeat 10 Times  
Complete 2 Sets



### Thoracic Extension Mobility

Position your elbows on something that is roughly level with your hips. Move from shoulder flexion & thoracic flexion into maximum shoulder flexion & thoracic extension.

Repeat 3 Times

Hold 20 Seconds





### PECTORALIS CORNER STRETCH - LOW

While standing at a corner of a wall, place your arms downward along the walls as shown. Take one step forward towards the corner. Bend your front knee until a stretch is felt along the front of your chest and/or shoulders. Your arms should be pointed downward towards the ground.

NOTE: Your legs should control the stretch by bending or straightening your front knee.

Repeat 3 Times  
Complete 2 Sets

Hold 30 Seconds  
Perform 1 Times a Day



### PECTORALIS DOORWAY STRETCH - HIGH

While standing in a doorway, place your arms up on the door frame and lean in until a stretch is felt along the front of your chest and/or shoulders. Your upper arms should be placed upward along the door frame.

NOTE: Your legs should control how much you stretch by bending or straightening your knee through the doorway.

Repeat 3 Times

Hold 30 Seconds  
Perform 2 Times a Day