

Thoracic Exercises

Mid Back



Sitting or standing, place 'hand over hand' and reach both arms straight forward, rounding the mid back.

Taking a deep breath in will increase the stretch.

2 reps hold 15 seconds

Mid Back Trunk Rotation



Sitting, reach arms across body and hang onto edge of chair.

Bend forward slightly and rotate upper body to increase the stretch in the back of the shoulder and mid back.

Taking a deep breath in will increase the stretch.

2 reps hold 15 seconds



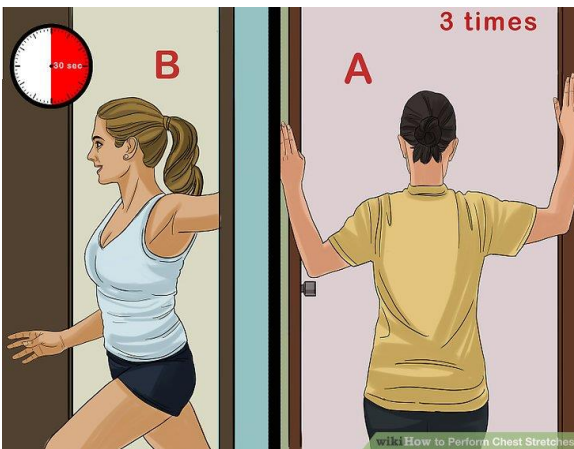
Traps Bilateral



Standing, clasp 'hand over hand' behind back. Stand tall, keep chin tucked down and lower shoulder blades down to the floor to feel a stretch in the top of the shoulders.

2 reps hold 15 seconds

Pectorals Corner / Doorway



Facing corner or standing through a doorway place forearms on each wall at shoulder height. Slowly lean chest forward into corner, keeping upper body tall to feel a stretch in the front of the chest.

(You can stand in a doorway and do one side at a time to increase the stretch.)

2 reps hold 15 seconds