Thoracic Mobility

Exercise 1

Sitting with a couple of inches between your back and the wall, keep chest up and elbows out, rotate to touch the wall with elbow and thoracic rotation. The thoracic section should be extended throughout.

Rotation in the lumbar region should be avoided.

Exercise 2

Lying on one side with the top leg in hip flexion at 90 degrees (knee placed on a ball) and the other leg straight, hands (placed one on top of the other) underneath the shoulder at right angles to the body. Keeping the knee in contact with the ball the top hand should be lifted and rotated through the middle back until range of movement is achieved (both shoulders on the floor arms in a horizontal line).