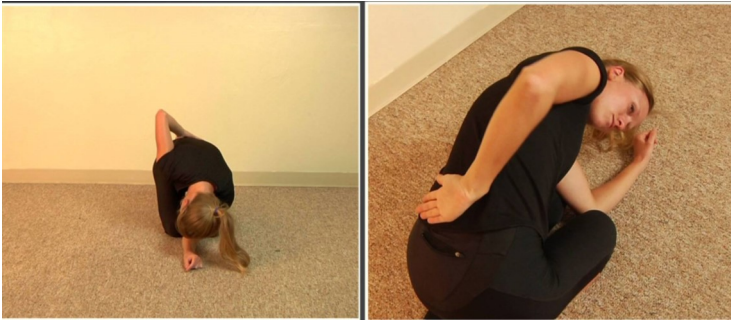


Thoracic Mobility



17. Thoracic Rotations

- Kneeling on the floor and sitting back on to the heels, lock one elbow between your knees and the other across your chest or on your back
- Rotate the chest toward the ceiling without lifting the ribs from the thigh, working to full range of motion and return to the start position



18. Thoracic Extensions

- Lie on your stomach with a pillow under your belly.
- Cross your arms at the back, tuck your chin inward and get yourself tall by pretending a rope is pulling you up from the back of your head.
- Slowly lift your upper trunk off the floor.
- Relax and repeat.



20. T-Spine Roll Out Over Foam Roller.

Gently roll up and down the length of your thoracic spine over a foam roller. Support your head while gently driving your chin downward. Flare out your elbows while you try to stretch your chest and front shoulders. Go up and down 10-15 times.



21. T Spine peanut

Perform 5 crunches, Then raise your arms over your chest and alternately reach over your head for 5 repetitions with each arm. Move the balls up your spine 1 to 2 inches and repeat the crunches and arm reaches
Continue moving the balls up your spine until they are just above your shoulder blades and below the base of your neck