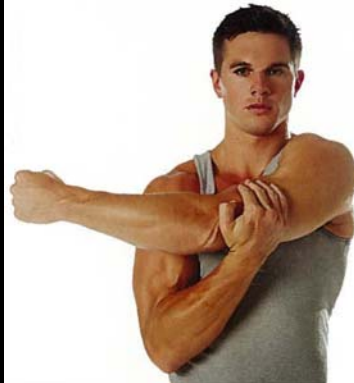


Upper Back (Thoracic Stretches)



- This exercise can be done sitting or standing
- Avoid leaning back
- Imitate the picture and hold for 15 with each arm and repeat 3 times
- Squeeze glutes to prevent arching back

Do these exercises 2-3 times a day to relieve muscle fatigue and increase blood flow



- Stand up and keep your elbow straight.
- Hold as shown for 15 and repeat 3 times on each side.

- Slowly roll up halfway from a toe-touch
- Cross your forearms to place hands on opposite thighs, rounding your shoulders forward
- Feel the heaviness of your head as you stretch your back between the shoulder blades
- Hold for 30 repeat twice



Don't forget to breathe!



- Stand upright with hands clasped, palms upward
- Elongate arms and shoulders as much as possible
- Keeping a smooth flow, slowly lean to the right and return to the starting position then lean to the left
- Repeat 5 times
- Squeeze glutes to avoid arching back



- Stand upright with hands clasped, palms upward.
- Elongate arms and shoulders as much as possible
- Lean to the side and trace a circular pattern with your torso
- Movement is continuous and slow
- Lean forward and to the opposite side as you continue the circle as you return to the starting position being careful not to lean back
- Repeat three times in each direction



Becca Bunker

June 2013

Sources:

Healthy Back Anatomy by Philip Striano, DC
Anatomy of Stretching by Craig Ramsay