



Bloomsbury Osteopathy

Thoracic Exercises

Thoracic spine rotation mobility exercise

TSPM07

Function:

To increase mobility of the joints of the thoracic spine into rotation. This will also help with the mobility of the shoulders and shoulder blades / scapulae.

Method:

Starting Position:

Position yourself on all fours. Take one hand and place it behind your head with the elbow pointing directly outward.

Action:

Slowly and in a controlled manner rotate your upper back - firstly bringing the elbow down and across towards the standing arm, then back up toward the ceiling. In each direction you should aim to push right up to end of possible range of movement.

Notes:

As your rehabilitation progresses your osteopath will advise on the number of repetitions to be performed.

All exercises are available from

www.Bloomsbury-Osteopathy.co.uk

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STRETCHING OF THE:
MUSCLES, JOINTS AND LIGAMENTS OF THE THORACIC SPINE
(ALSO THE UPPER BACK, THE RIBCAGE AND SHOULDER MUSCLES)
(TSPM07)

