



Bloomsbury Osteopathy

Thoracic Exercises

Thoracic Spine Mobilisation Exercise

TSPM01

Function:

To increase mobility in the upper back, thereby maximising joint and local tissue health and reducing tension in spinal muscles.

Method:

Starting position:

Be seated with feet comfortably apart and head in a neutral position. Interlace your fingers and place them around the back of the neck. Bring the elbows tightly together beneath the chin.

Action:

Slowly and in a controlled manner, use your elbows to write an imaginary alphabet in capital letters. The letters should be as big as you can possibly make them, using up all possible ranges of movement with each "brush stroke". Alternatively with your elbows draw very large imaginary circles, first clockwise then in reverse.

Notes:

Take care to keep your elbows as close together as possible as this will prevent excessive movement from occurring in the joints of the neck.

