



Bloomsbury Osteopathy

Thoracic Exercises

Thoracic rotations mobility exercise

TSPM05

Function:

To increase the general mobility of the upper / thoracic spine.

Method:**Starting Position:**

Take a medium size bath towel and roll it tightly to into a long tube-like shape. Place it onto the floor and lie facing up so that the towel is positioned horizontally / across the middle of your upper spine. Avoid the lumbar and neck regions.

Cross your arms in front so that you stretch the back of the spine. Bend both knees.

All exercises are available from
www.Bloomsbury-Osteopathy.co.uk

Action:

Slowly and in a controlled manner rock your entire body over the towel from side to side to massage and mobile the spinal segments. If its very uncomfortable use and smaller towel. Shift your position slightly lower then slightly higher but about the lumbar and neck regions.

Notes:

An alternative to the towel is a small foam roller but not thicker than 10 cm in diameter.

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