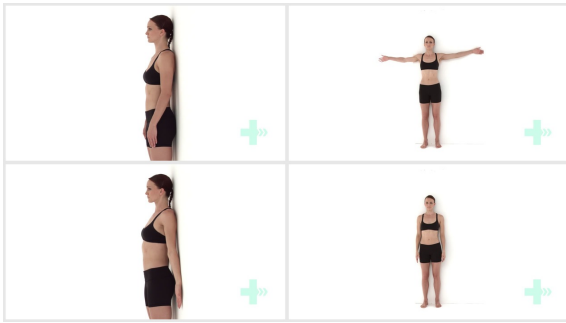


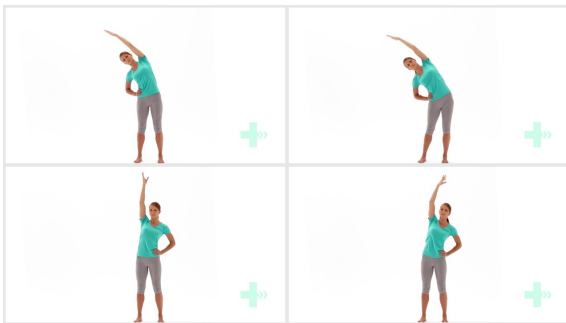
1 Set / 1 Rep



1. Posture and scapula stability against wall

Start in a standing position against a wall.
Flatten your back against the wall, attempting to get the back of your head on the wall.
Flatten your shoulder blades against the wall and hold your arms by your side touching the wall.
Lift your arms out to the side and upwards, maintaining contact with the wall as much as possible.
Return to the start position and repeat.

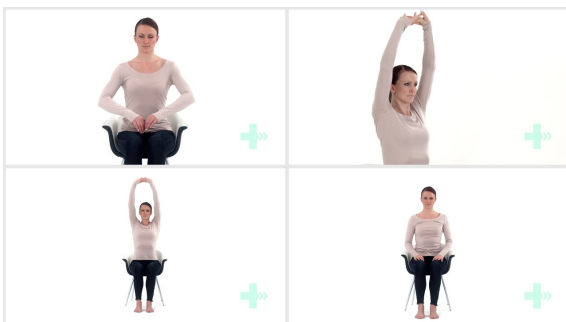
1 Set / 1 Rep / 1 s hold



2. Lateral trunk stretch

Stand with your feet shoulder width apart and place one hand on your hip.
Extend the other hand into the air, leaning over to the side while you increase the stretch by pushing your hips in the opposite direction.
Hold this position before you repeat on the other side.

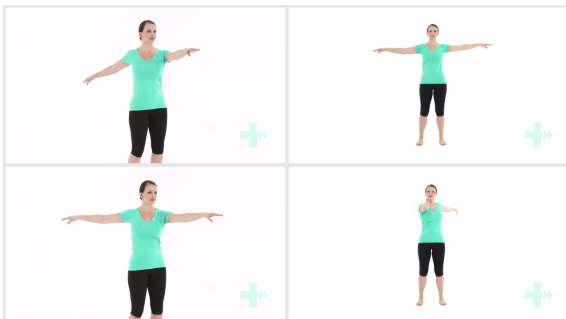
1 Set / 1 Rep / 1 s hold



3. Overhead stretch

Start in a seated position and interlock your fingers.
Raise your arms above your head and rotate your hands so they are facing palm up.
Push your arms upwards, feeling the stretch through your sides and shoulders.
Hold this position before you relax and repeat the movement again.

1 Set / 1 Rep / 10 sec duration



4. Standing thoracic reaching and twisting

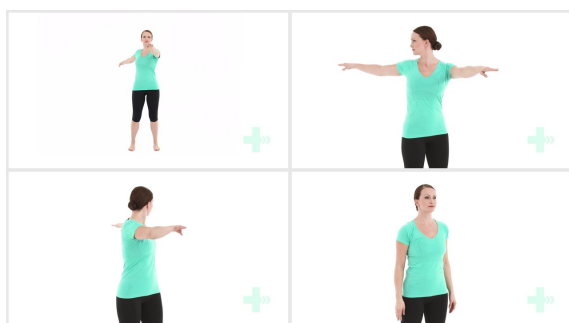
Stand with your back straight, feet hips width apart and knees slightly bent.
Reach one arm forwards and the other back to shoulder height.
Keep your hips and lower body square by activating your core stability muscles, but allow your upper body and shoulders to rotate with the arms.
Keep your gaze directly ahead.
Swing your arms to change positions, rotating your upper body with the movement.
Ensure your gaze remains directly ahead.
Continue this movement, increasing the speed at which you swing your arms.
Make sure you hips and lower trunk remain square.



5. Thoracic SF with hands behind head

This exercise can be performed in a standing or a seated position.
Place both hands behind your head.
Lean your upper body over to one side and hold this position.
Then lean to the other side and repeat.

1 Set / 1 Rep / 1 s hold



6. Standing thoracic reaching and twisting with head rotation

Stand with your back straight, feet hips width apart and knees slightly bent.
Reach one arm forwards and the other back to shoulder height.
Keep your hips and lower body square by activating your core stability muscles, but allow your upper body and shoulders to rotate with the arms.
Turn your head to look at your back arm.
Swing your arms to change positions, rotating your upper body with the movement.
Turn your head at the same time to look at the other back arm.
Continue this movement, increasing the speed at which you swing your arms.
Make sure you hips and lower trunk remain square.

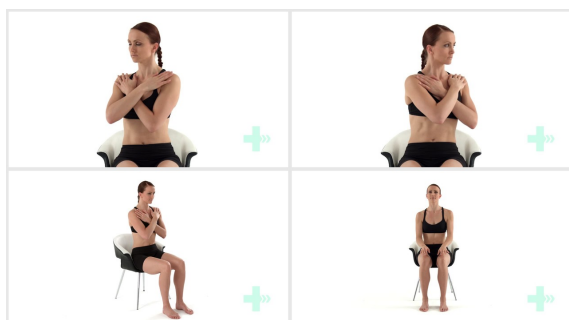
1 Set / 1 Rep / 1 s hold



7. GHjt ER abduction in sit, thoracic rotation (beach arms)

Sit up straight in a chair and lift your hands to touch the side of your head, just behind your ears.
Point your elbows forwards.
Keeping your posture directly upright, move your elbows out to the sides.
Holding this position with your arms, rotate your upper body round to one side, and then round to the other.
You should feel the movement in your upper back.

1 Set / 1 Rep / 1 s hold



8. Sitting active trunk rotations

Sit straight on a chair.
Cross your arms over your chest.
Rotate your body around to one side and then around to the other holding each position.
Continue this movement.



9. GHjt ER abduction in sit, thoracic side flexion (beach arms)

Sit up straight in a chair and lift your hands to touch the side of your head, just behind your ears.

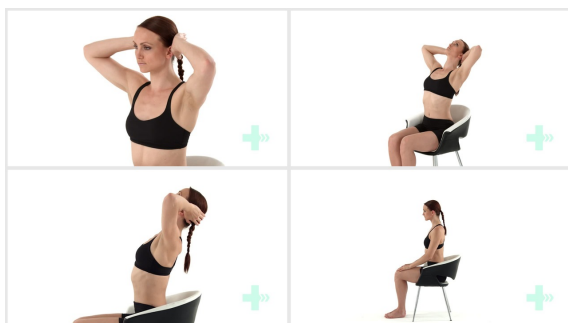
Point your elbows forwards.

Keeping your posture directly upright, move your elbows out to the sides.

Holding this position with your arms, lean your upper body to one side, and then round to the other.

You should feel the movement in your sides and upper back.

1 Set / 1 Rep / 1 s hold



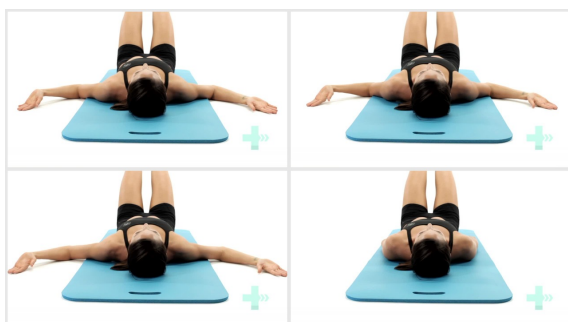
10. Thoracic extensions in sit, hands behind head

Sit up straight on a chair.

Place your hands behind your head and extend your upper back over the top of the chair.

Hold this position.

1 Set / 1 Rep / 1 s hold



11. GHjt ER floor slides

Lay down on your back, with your knees bent and feet flat on the floor.

Take your arms out to the side and bend your elbows to 90 degrees.

Try to lie your forearms on the mat, or as close to it as you can.

Bring your elbows down toward your side, then slide your arms up as high as you can over your head, keeping in contact with the floor at all times.

Your elbows should stay at 90 degrees throughout the movement.

1 Set / 1 Rep / 1 s hold



12. Thoracic extension stretch with longitudinal towel

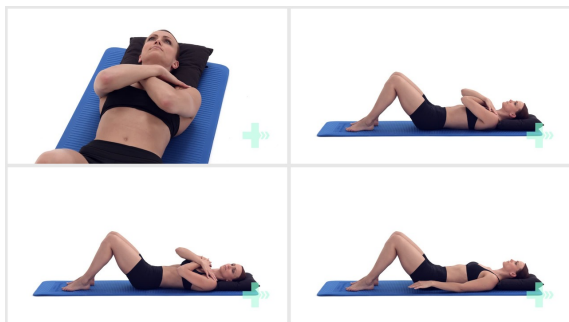
Roll up a towel and place it on the floor.

Lie on your back, with the towel running length ways down your upper spine.

Allow your arms to lie out to the side and relax in this position.

Lie here for the stated duration of time.

You can vary the size of the rolled towel to change the intensity of the stretch.

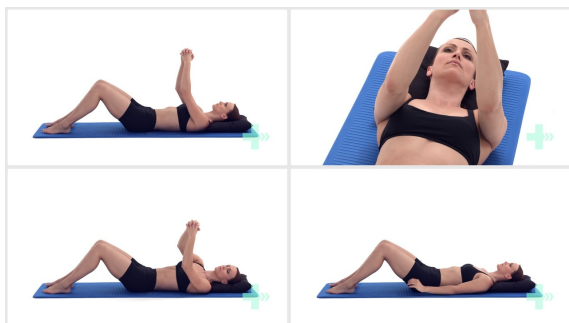
**13. Thoracic rotation supine with arms crossed over chest [07010]**

Lie on your back with your knees bent with your feet flat on the floor and your head supported on a pillow.

Cross your arms over your chest and gently contract your core muscles. Using your upper torso, turn to one side and then the other while keeping your head supported on the pillow but allow your head and arms to follow the movement.

Keep your shoulders and neck muscles relaxed.

Continue to turn from one side to the other, ensuring to keep your core muscles activated

**14. Thoracic rotation supine with hands clasped [07020]**

Lie on your back with your knees bent with your feet flat on the floor and your head supported on a pillow.

Clasp your hands in front of you just below shoulder level with your elbows slightly bent.

Using your upper torso, turn to one side and then the other while keeping your head supported on the pillow but allow your head and arms to follow the movement.

Keep your neck muscles relaxed.

**15. Long sit rotation**

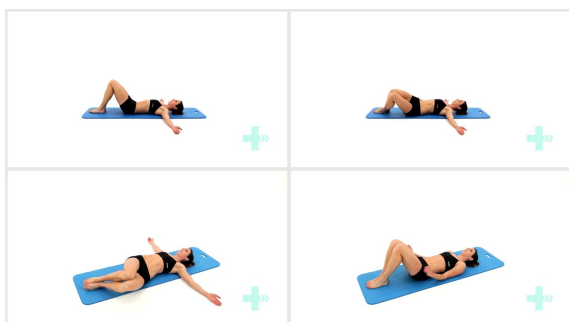
Sit on the floor and raise your right leg and cross it over the left leg so your right foot is placed just outside of your left knee.

Straighten your left arm and place your elbow on the right side of your knee.

For stability use your right hand, which is still behind you.

Hold the stretch for the required duration with controlled breathing.

Return to the starting position and repeat for the other side.

**16. Lower trunk rotation**

Lie on your back with your knees bent and your feet flat on the floor.

Extend your arms out to the sides and keep your shoulders on the mat at all times.

Keeping your knees together, drop them down to one side, rotating your torso.

Return to the starting position and allow your knees to fall to the opposite side.

Only drop your knees as far as you go comfortably.

You may want to hold the stretch on each side.



17. Thoracic spine mobility on foam roller - overhead reach

Place a foam roller on the floor length ways and lie on top of the roller with it running down the centre of your spine.

Bend your knees and find the neutral position on the roller.

Holding this position, raise your arms up towards the ceiling.

Your palms should face in towards one another and fingers should point to the ceiling.

Continue to reach your arms up and over head until your upper arms are by your ears.

Ensure your upper and lower back do not move from the neutral position.

It helps to tighten your abdominal muscles to control this.

Lower your arms back down by your sides and repeat.



18. Thoracic spine mobility on foam roller - arm opener

Place a foam roller on the floor length ways and lie on top of the roller with it running down the centre of your spine.

Bend your knees and find the neutral position on the roller.

Holding this position, raise your arms up towards the ceiling.

Your palms should face in towards one another and fingers should point to the ceiling.

Drop your arms out to the side, feeling the stretch across the front of your chest.

Bring them back up to the vertical position, pointing to the ceiling.

Repeat, dropping your arms out to the sides again.

Ensure your upper and lower back do not move from the neutral position.

It helps to tighten your abdominal muscles to control this.