

Thoracic Home Exercise Program

1. Bridging

Laying on your back, knees bent with feet flat on the floor, arms along side resting on the floor, tighten your abdominals to stabilize your low back. Raise your buttocks off the floor as you press your arms into the floor.

Hold this position _____ seconds. Perform _____ repetitions, _____ times/day.



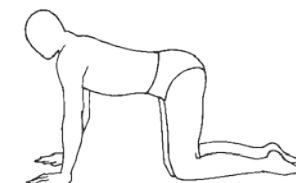
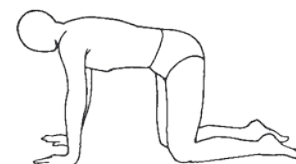
2. Hands and Knees Arch

Position yourself on your hands and knees so that your knees are directly below your hips and your hands are directly below your shoulders.

A. Keep your head in line with your spine by tucking your chin, and keep your low back flat by tightening your abdominal muscles.

B. Gently extend your upper back by lifting your head while your chin remains tucked and your low back remains flat.

Hold this position _____ seconds. Perform _____ repetitions, _____ times/day.



3. Hands and Knees Sit to Heels

Position yourself on your hands and knees with your hands extended forward of head as in the diagram. Keeping your arms fixed, slowly move your buttocks towards your heels until a “stretch” is felt in your upper back.

Hold this position _____ seconds. Perform _____ repetitions, _____ times/day.



4. Arm Raise

Lie on your stomach with one or two pillows under your stomach and a towel under your forehead. Gently raise one or both arms over your head to a comfortable position.

Hold this position _____ seconds. Perform _____ repetitions, _____ times/day.

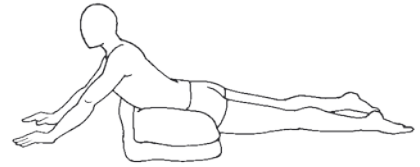
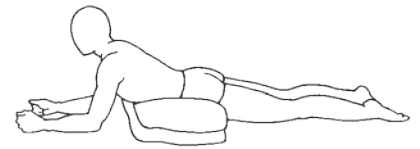


5. Prone on Elbows

Lie on your stomach with pillows under your stomach. Press up on your elbows, keeping your hips on the table.

Hold this position _____ seconds. Perform _____ repetitions, _____ times/day.

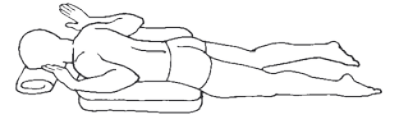
Progress to a press up on your hands with arms straight if tolerated.



6. Pivot Prone

Lie on your stomach over pillows with your neck straight (face down). Position your arms with your elbows bent and palms facing the floor. Lift your upper body gently away from the floor in a pain-free range as you raise your arms and pull your shoulder blades back and down.

Hold this position _____ seconds. Perform _____ repetitions, _____ times/day.



7. Prone on Elbows Arm Raise

Lie on your stomach propped up on your elbows (do not sag your shoulders). Keep your neck straight. Raise one straight arm over your head with the thumb pointed up as you squeeze your shoulder blade back. Repeat with the other arm.

Hold this position _____ seconds. Perform _____ repetitions, _____ times/day.



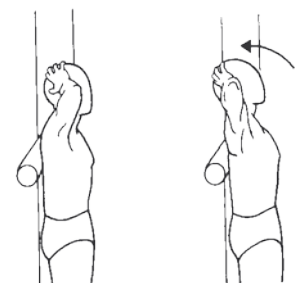
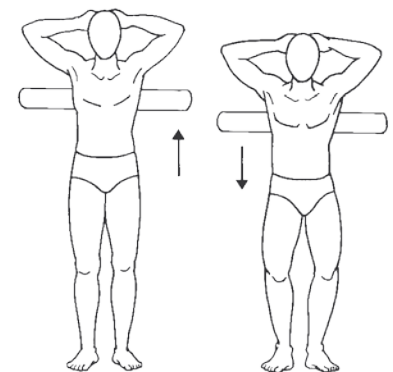
8. Wall Extension with Foam Roll

Stand against the wall with a foam roll placed horizontally behind your back.

A. Bend your knees and keep your low back flat by tightening your abdominals. Place your hands behind your head and gently move up and down against the roll.

Perform _____ repetitions, _____ times/day.

B. Bend your knees and keep your low back flat by tightening your abdominals. Place your hands behind your head and bend your upper back backward slightly over the foam roll. Do not look up.

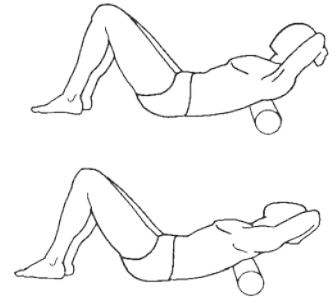


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9. Foam Roll Extension on Floor

Lie on your back, knees bent with feet flat on the floor, with the foam roll placed horizontally under your upper back. Press your low back against the floor tightening your abdominals to keep your low back stable. Place your hands behind your head and keeping your neck straight, drop your upper back over the roll toward the floor. Do not let your low back move.

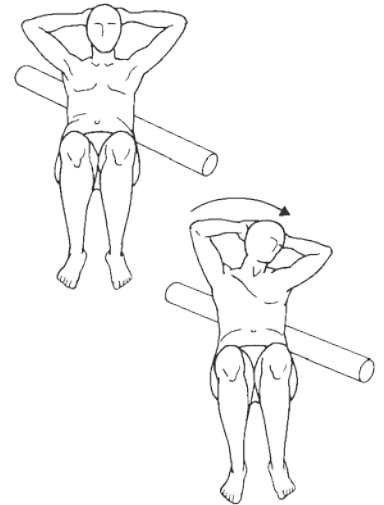
Hold this position _____ seconds. Perform _____ repetitions, _____ times/day.



10. Foam Roll Rotation on Floor

Lie on your back, knees bent with feet flat on the floor, with the foam roll placed diagonally under your upper back. Perform a pelvic tilt to keep your low back stable. Place your hands behind your head and keeping your neck straight, gently drop one shoulder back over the roll toward the floor. Do not let your low back move throughout the exercise. Reposition the foam roll to the opposite diagonal and repeat as above.

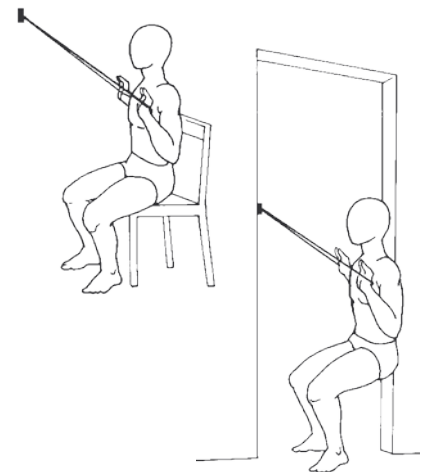
Hold this position _____ seconds. Perform _____ repetitions, _____ times/day.



11. Thoracic and Scapular Strengthening

Attach tubing overhead. Grasp the tubing so the tubing is against the back of your hand with your palms facing forward and at chest level. Squeeze your shoulder blades down and together, bend your elbows and bring your hands toward your shoulders. Your elbows should end up toward the sides of your body and your thumbs should end up in front of your shoulders.

Hold this position _____ seconds. Perform _____ repetitions, _____ times/day.



12. Sitting Extension

Sit in a chair with your feet up on a stool so that your low back remains in contact with the back of the chair. Place your hands behind your head and, while keeping your neck straight, drop your upper body over the back of the chair. Do not let your low back move.

Hold this position _____ seconds. Perform _____ repetitions, _____ times/day.



Continued

13. Thoracic Flexion

Place a stool or chair under your stomach and chest. Place your hands on the back of your neck (do not pull on neck). Let the weight of your upper body drop forward. A stretch should be felt in your spine just above the edge of the chair.



Hold this position _____ seconds. Perform _____ repetitions, _____ times/day.

14. Abdominal Curl

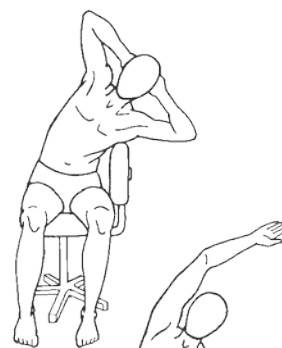
Perform curl up by lifting your shoulder blades off floor. Your hands may be behind your head or across your chest.



Hold this position _____ seconds. Perform _____ repetitions, _____ times/day.

15. Thoracic Sidebend Sitting

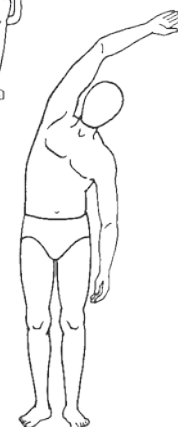
Sit in a chair sideways. The height of the back of the chair should be positioned as described by therapist (sit on books or pillows to help achieve this). Keeping your low back straight, drop your upper body over the back of the chair to the right/left.



Hold this position _____ seconds. Perform _____ repetitions, _____ times/day.

16. Thoracic Sidebend Standing

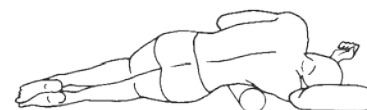
Standing with your feet shoulder distance apart and your abdominals tight to stabilize your low back. Reach over to one side allowing your upper back to bend to the right/left.



Hold this position _____ seconds. Perform _____ repetitions, _____ times/day.

17. Thoracic Sidebend Sidelying

Lie on your right/left side over a foam roll or towel roll. You may support your head with a pillow.



Hold this position _____ seconds. Perform _____ repetitions, _____ times/day.

18. Thoracic Rotation Sitting in Chair

Sit up tall in a chair with your feet flat on the ground, arms folded across your chest. Rotate your body to the right/left from your shoulders keeping your low back against the back of the chair.



Hold this position _____ seconds. Perform _____ repetitions, _____ times/day.

Continued

19. Thoracic Rotation Lying on the Floor

Lie on your right/left side with your knees bent and a pillow between your knees. Rotate your shoulders backward.

Hold this position _____ seconds. Perform _____ repetitions, _____ times/day.



20. Thoracic Rotation Sitting on Floor

Sit up tall on the floor with the right leg straight and the left leg bent over it (as in the picture). Use the bent knee to help turn your trunk to the left.

Hold this position _____ seconds. Perform _____ repetitions, _____ times/day. Repeat to the right.



21. Thoracic Extension to Neutral

Kneel over a chair with your hips at the edge and knees on the floor. Place your hands behind your head as pictured. Keep your neck straight and raise your upper back and shoulders so that they are _____ level with the chair, _____ slightly above the chair.

Hold this position _____ seconds. Perform _____ repetitions, _____ times/day.



Alternate positions:

_____ Laying over pillows _____ Off end of table or bed

22. Diagonal “Lift” – Thoracic Extension Rotation

Sit in a chair with your knees bent and feet elevated on another chair or stool so that your low back remains flat. Grasp your right wrist with your left hand. Lift both arms in a diagonal from the left hip up over the right shoulder. Follow with your head. _____ Add resistance (weight, tubing, pulley).

Perform _____ repetitions, _____ sets, _____ times/day. Repeat to the left.



23. Bilateral Symmetrical Shoulder Flexion – Thoracic Extension Without Rotation

Sit in a chair with your knees bent and feet elevated on another chair or stool so that your low back remains flat. Begin with your arms crossed in front. Raise both arms over head uncrossing them as you reach and squeeze your shoulder blades back. _____ Add resistance (weight, tubing, pulley)

Perform _____ repetitions, _____ sets, _____ times/day.

