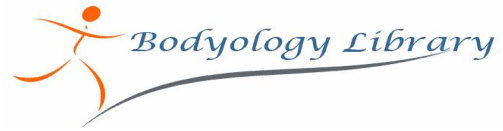


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An exercise to increase mobility of the thoracic spine

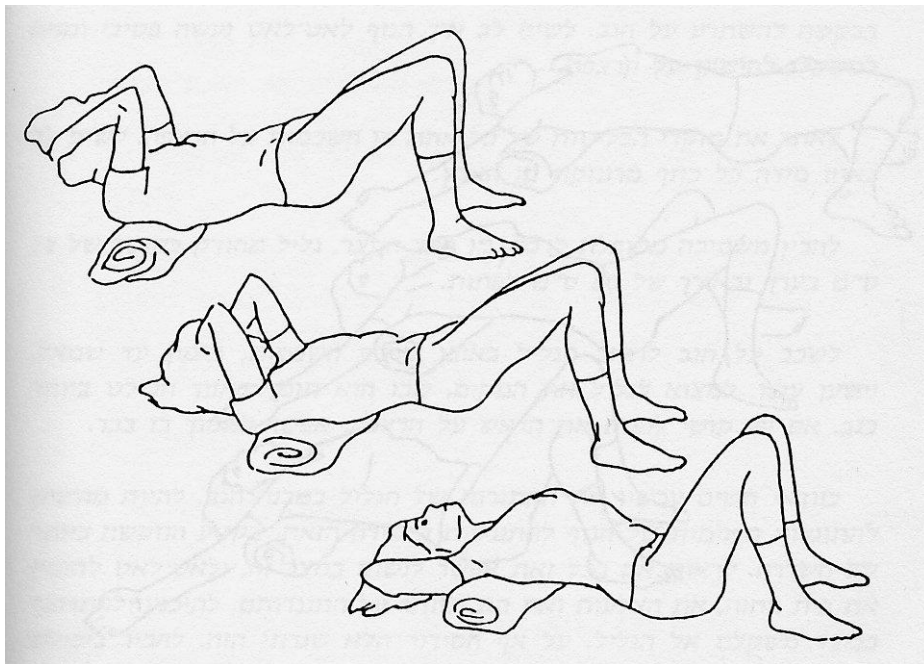
Aim

To increase mobility of the mid and upper back
To apply a controlled force to each vertebrae along the mid and upper spine
To straighten slouch-forward posture

Equipment

You can use a large (bath size) towel rolled tightly and enforced with few rubber bands. An alternative would be a rolled blanket (see picture).

A pillow must be put under the neck with patient with increase kyphosis (not in picture)



Starting position

Lay on your back on top of the towel/blanket and the pillow. Stand your knees up, interlock between your fingers and put them under your neck.

Action

Rest in that position for few minutes

Allow your elbows to fall aside

Relax and breathe quietly

Watch point

- Be sure that you are not straining your neck. Adjust the pillow height.
- Avoid putting the towel under the lower back or the neck- these areas usually have higher level of movement anyhow and does not need that exercise.