

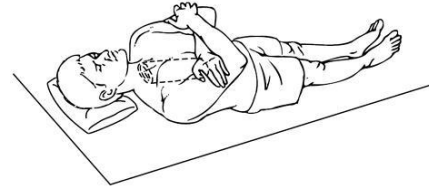
Date:
Patient Name:

THORACIC EXTENSION • Upper



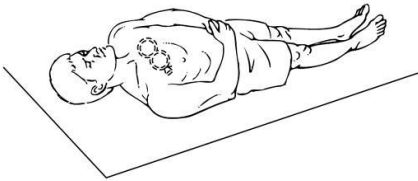
1. Sit erect/in a good posture in a chair with a firm, high back as shown. Put a small rolled-up towel in the small of your back as shown in the diagram.
2. Clasp your hands together behind your neck. Bring your elbows together under your chin, gently cradling and supporting your head and neck.
3. ***Bend backward through the upper back*** over the top of the chair. When you do this your shoulders and elbows should move upward and backward. You should feel a stretch at the base of your neck and the top of your shoulder blades.
4. Hold this position for 10 seconds and repeat ____ times.

THORACIC EXTENSION • Mid



1. Roll up a small to medium sized towel lengthwise until it makes a firm roll 3 to 5 inches in diameter.
2. Lie on your back with the towel aligned as shown in the diagram. Allow your shoulders to drape over the edges of the towel.
3. For a greater stretch you may straighten out your arms and place them on the floor at shoulder height.
4. Hold this position for _____ seconds.
5. Repeat exercise _____ times, _____ times per day.

THORACIC EXTENSION • Mid



1. Place two racquetballs in a small sock as shown. Tie off the end of the sock.
2. Lie on your back with the sock placed as shown. The bony structures that run down the middle of the back should be cradled between the two balls.
3. Lie in one position for 15 to 30 seconds. Gently move your body 1 to 2 inches, rolling the balls to a new position. Repeat, moving the balls as appropriate as long as you continue to feel a stretch.
4. Repeat exercise _____ times.