

## Thoracic Spinal Mobility - Important Stretches as We Get Older

### Notes :

You may find that like most of us, you have a posture that is bent forward (flexed) a majority of the time during the day and evening. You will find that in our society we tend to work with our arms out in front of us. We tend to sleep with our spine in a flexed position.

It is very important as we get older to continue to do these Thoracic spinal extension and rotational stretches. Here are many that you can add to your daily routine. Even doing 5-10 reps per day can make a big difference in your life as you age.

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### 1 Thoracic extension mobility



**Sets: 1 Reps: 10 Hold: 1-3 seconds**

Place your foam roller on the floor and lie on your back with your knees bent and the foam roller at the level of your shoulder blades.

With your arms behind your head, lower your head as close as you can to the floor until you feel a stretch behind your back.

Maintain your abs tight and proper low back posture during the exercise.

### 2 Thoracic extension mob.



**Sets: 1 Reps: 10 Hold: 1-3 seconds**

Sit down on a chair.

Put a half-roller across your mid-back.

Place your hands behind your head.

Extend the thoracic spine over the half-roller while pushing the elbows back to open the chest.

Come back to the starting position and repeat the exercise.

### 3 Thoracic ext. mobility



**Sets: 2 Reps: 10 Freq: 1x/day Hold: 5 seconds**

Place your foam roller on the floor and take a kneeling four point position with your wrists on the foam roll in front of you.

Roll the foam roll forward by stretching your spine and lowering your chest towards the floor.

### 4 Thoracic extension/rotation



**Sets: 2 Reps: 10 Duration: 1-3 seconds**

Lie on the floor over a foam roller, with the roll perpendicular to your body at mid-back, knees bent, and interlaced hands supporting under the back of the head.

Keep the lower core activated and the low back curled, and the chin tucked throughout the exercise.

Drop back over the foam roll, creating an arch in the mid back, and rotate at the same time toward one side. Be sure not to arch the low back or neck.

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

### 5 Thoracic extension mob. with roller



**Sets: 2 Reps: 10 Duration: 1-3 seconds**

Position yourself in a crunch position with a foam roller in the middle back region. Interlock the fingers behind your head and place the hips on the ground.

Pull your knees to your chest.

Extend your back around the roller and then crunch up to mobilize the region under the roller.

Move the roller up and down through your thoracic region to work different segments.

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### 6 Active trunk rotation



**Sets: 1 Reps: 5 Hold: 1-2 seconds**

Stand with a wall to your side, feet hip width apart, and your hands up in front of you. Turn your trunk 90 degrees, keeping your feet facing forward, and have your upper body facing the wall at the end of the rotation. Place your hands on a wall to help increase the rotation and slowly return to the initial position.

### 7 Trunk rotation stretch



**Sets: 1 Reps: 5 Hold: 1-2 seconds**

Lie on your side with your bottom leg straight and your top leg bent and on the floor. Both hands are placed together in front of your chest. Keeping the bottom arm on the floor, roll back and have your top arm reach back to touch the floor, opening up your chest. Hold the position.

### 8 Thoracic extension mob.



**Sets: 1 Reps: 5 Hold: 1-2 seconds**

Lie down on your back on a half foam roller placed across your back over the lower shoulder blade region. Cross your arms in front of your chest and try to reach to the opposite shoulder with your hands. Once you are set, exhale and let your body wrap around the roller. Inhale and lift yourself back up using your abdominals to round the upper back. Exhale as you repeat the extension. Do not lift your hips off the floor.

### 9 T-Spine extension/rotation



**Sets: 1 Reps: 10 Hold: 5 seconds Other: take deep breath**

Lie on your side with your bottom leg straight and your top leg bent and on a support to keep your pelvis levelled. Place your hands together in front of your chest. Keep your bottom arm on the floor, while your other arm reaches overhead and stays along the floor in a circular motion until it reaches the back. Return slowly to the starting position following the same pattern on the way back.

### 10 Anterior stretch on ball



**Sets: 2 Reps: 10 Duration: 1-3 seconds**

Sit down on a ball and roll on your back. Position the ball around the center of your back and stretch your legs and arms. Hold the position.

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### 11 Spine extension



### Sets: 2 Reps: 10 Duration: 1-3 seconds

Stand with your back against a Swiss ball located at shoulder-blade level in your back.  
Support your head with your hands.  
Extend your spine backwards over the ball.  
Hold the position for the prescribed time and repeat the exercise.

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