

Thoracic Extension Series



Reps:

Sets:

Duration:

Instructions:

Walk backwards slowly and bend your trunk forward until your knees and ankles are below your hips and extend your body back and down (Look up to strengthen neck and hang down to stretch neck)

Hold for one minute.

Modifications:

Shift your pelvis to the right and to the left slowly

4. Walk your feet to the right and to the left as far as you can for a long lateral stretch

Modify this position even further by kneeling and placing your hands on a chair seat and repeating above on your knees

6. Repeat as directed by your therapist

Position:

Using a kitchen counter or the back of a chair, place your hands on the surface, shoulder width apart, with your ankles, knees, hips, and shoulders aligned.

Purpose:

stretches the calves, hamstrings, posterior fascia. Thoracic extension, neck strengthening and stretching. Lateral flexion, intercostal stretching, opening