

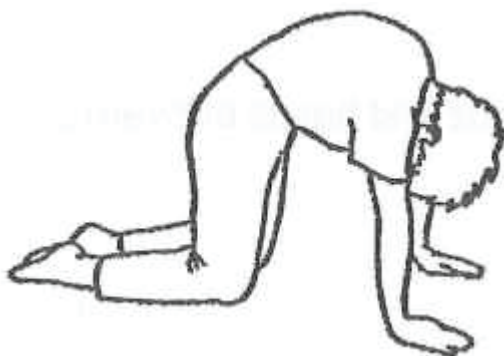
Exercises for Middle/Lower Back (Thoracic Spine)

TS

Do the exercises **_2_** times a day

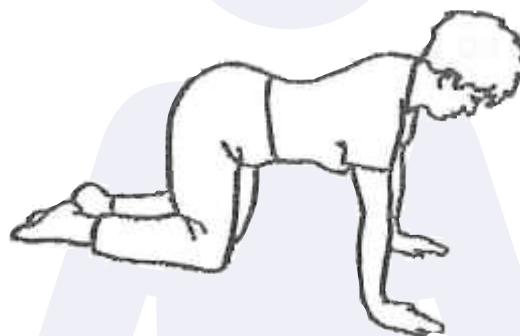
Try these at different times of day to ease your discomfort and help improve your posture. It may be useful to try all of the exercises to see which ones feel best for you to maintain in the longer term.

Use of mild heat on your pain site for 10-15 minutes prior to the exercises may make the stretches more effective.



1. Arch your spine upwards while letting your head relax between your arms.

Hold count 5
Repeat 5 times



2. Hollow your back. Keep your neck long and elbows straight.

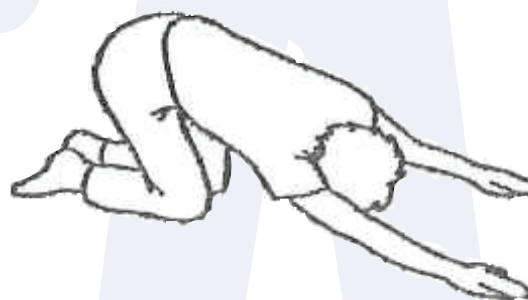
Hold count 5
Repeat 5 times



3. This follows the first two stretches:

Let your arms slide along the floor as far as possible. Push your bottom back and down and your chest towards the floor. Breathe out while doing this.

Hold count 10
Repeat 3 times



4. This is a variation of the previous exercise. It helps to stretch a bit more around the shoulder blades etc.

Let your arms slide along the floor as far as possible. In this position rock your upper trunk from side to side.

Repeat 5 times



5. Sit sideways on a chair with a cushion between your side and the back of the chair.

Put your hands behind your neck (or cross them on your chest)

Bend to the side. You can add forward or backward rotation to the bending.

Hold count 5
Repeat 5 times on each side.



6. This is a good stretch – especially if you get discomfort when sitting.

Sit with your back straight and feet on floor.

Pull your shoulder blades together while turning your thumbs and hands outwards.

Hold count 10
Repeat 5 times



7. This helps to promote better posture. Stand with your back against a wall.

Push your shoulders against the wall (push back and down so you don't let your shoulders shrug upwards).

Hold count 10
Repeat 5 times



8. Sit on a chair and cross your arms over your chest clasp the opposite shoulder.

Bend your trunk forward while at the same time rotating and side bending to the same side.

Let your eyes follow the movement. Breathe out during the exercise.

Repeat 5 times to each side.



9. Sit on a chair and clasp your arms on your chest.

Push your shoulder down while rotating the upper trunk in the opposite direction.

During the exercise straighten your upper trunk fully and let your eyes follow the movement.

Repeat 5 times to each side.