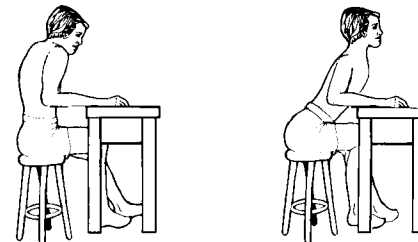


# Self Mobilization of the Thoracic Spine

## I. FLEXION/EXTENSION OF THE THORACIC SPINE

### A. Crevico-Thoracic junction to T4

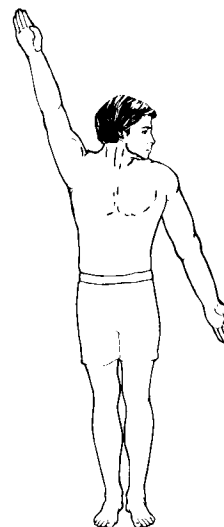
1. Sit with forearms resting on a table. Arch upper back and sag upper back.



2. Lie face down on the floor. Hold shoulders down to the floor. Tuck chin, lifting head away from the floor.

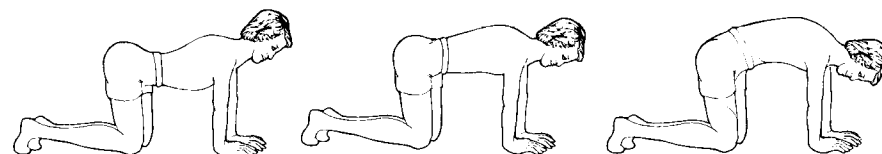


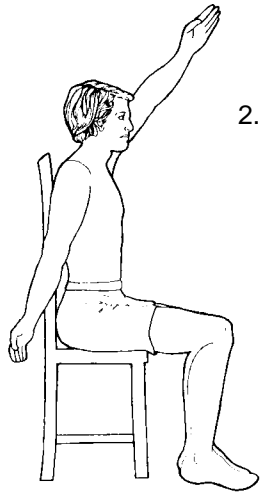
3. While standing alternately swing arms, one forward and overhead and the other back behind you. Rotate head so you are always looking at the hand behind you.



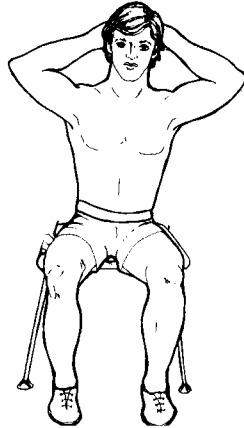
### B. Mid-Thoracic Spine

1. On elbows and knees looking down at the floor with chin tucked in, sag your back. Then lower your head and hunch your back.





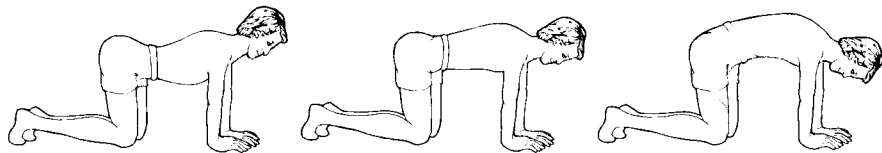
2. Sitting straight in a chair, alternately swing arms overhead.



3. While sitting, clasp hands behind head and pull elbows back without pressing hands against your head.

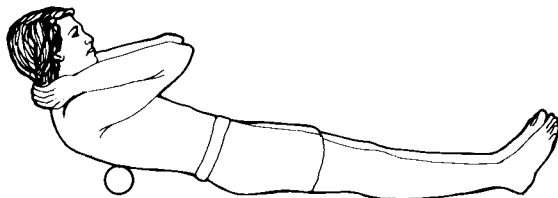
#### C. Lower thoracic

1. On hands and knees looking down at the floor with your chin tucked in, sag your back. Then hunch your back.

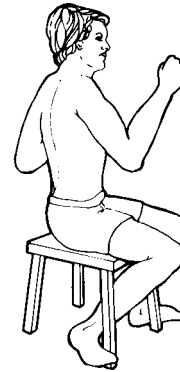


#### D. Specific mobilization

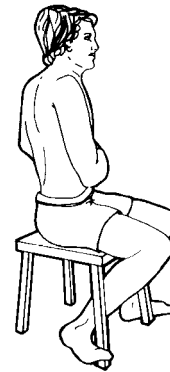
1. Tape 2 tennis balls together. Lie down on your back with the tennis balls at the level indicated by your therapist. Clasp your hands behind your head. As you exhale push back against the tennis balls.



## II. ROTATION OF THE THORACIC SPINE



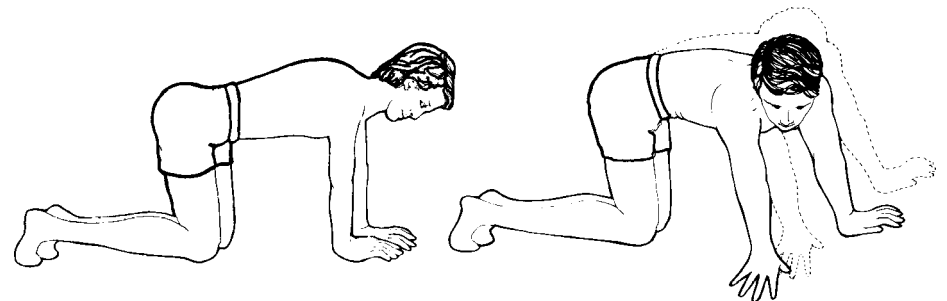
- A. Sit in a chair with your feet hooked around the chair legs. Twist your upper body to one side.

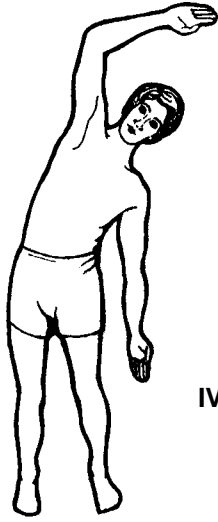


- B. Standing or sitting, grasp your lower ribs on the right side with your left hand. Hold the ribs firmly as you twist your upper body to the right. Hold left ribs with right hand and twist to the left.

## III. SIDE BENDING OF THE THORACIC SPINE

- A. On hands and knees with your right side to the wall, keep right hip against the wall and walk your hands to the left in a semi-circle. Put your left side to the wall and make a semi-circle to the right.

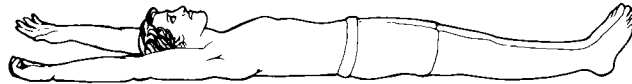




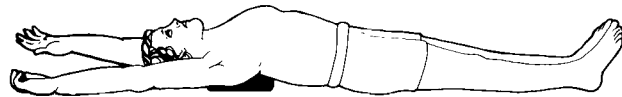
- B. Standing, inhale as you raise your right arm over your head and bend to the left. Repeat raising your left arm and bending to the right.

#### IV. MOBILIZATION OF THE RIBS AND COSTOVERTEBRAL JOINTS

- A. Lie on your back with your lower back flattened to the floor. Raise both arms over your head as you inhale. Lower your arms as you exhale.



- B. Lie on your back with a firmly rolled towel along your spine and lower back must be flattened to the floor. Raise both arms over your head as you inhale. Lower your arms as you exhale.



- C. Lie on your back with your lower back flattened to the floor. Raise both arms out to the sides as you inhale. Bring your arms back to your sides as you exhale.

