



Sidelying Thoracic Spine Stretch

Starting position:

Lying on your side with your bottom leg straight and your top leg flexed to 90 degrees for your hip and knee. Your top arm is extended toward the ceiling.

Movement:

Keeping your top knee on the table, rotate your upper trunk backward trying to touch your shoulder blade to the table. Turn your head, neck and eyes to follow your hand. Slowly return to starting position.

Hold for _____ seconds.

Perform _____ Reps _____ Sets _____ Times a day