



Massage Ball Stretch

- Lying on your back Roll on a massage ball adjacent to both sides of the spine to help free up the contracted and tender areas of the spine.
- Spend about 10 minutes to complete the whole thoracic region



Flexion Stretch

- While seated, crunch down into a ball with your head resting on your lap and hands behind your head
- Aim at feeling your upper back rolling instead of your lower back to free up the tight muscles overlying the spine.
- Hold for 30 seconds and take a deep breath in whilst flexing repeat 3 x



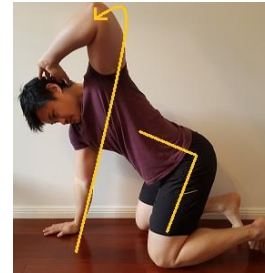
Flexion with Foam Roller

- In the same position as mentioned above, place a foam roller under the chest to expand the area further and increase the stretch of the upper thoracic spine
- Hold for 30 seconds and breathe in whilst maintain the position repeat 3x



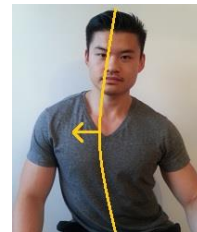
Joint Mobilisation (rotation)

- In a 4 point position with your knees and hands touching the floor, lift one arm up and place it on the back of your head while twisting your thoracic spine at the same time.
- This will isolate the thoracic spine and stretch out the affected area.
- Repeat on the other side with 10 rotations on each.



Joint Mobilisation (translation)

- In a seated position, stabilise your pelvis in a fixed position and translate your upper torso to either side of your body and try and lift your shoulder to the side that's moved to further stretch that side.
- Repeat 15 times for the maximum effect.



Flexion stretch with medicine ball

- Bear hug a medicine ball, aiming at getting your finger tips to touch and flex your spine from the neck down.
- Repeat 20 times





Intersegmental Cat Stretch

- In a 4 point kneel position, proceed to round out your spine starting at the neck and working down your thoracic spine
- For areas that're flatter, empathise the rounding more and once finished reverse the steps
- Repeat them 20 times.



Forward Bending Stretch

- Ensuring you're sitting on a flat surface, slowly reach down to grab your toes and bend from your waist
- Make sure you're not bouncing while touching your toes and bend down as far as possible
- Hold the position for 20 seconds and repeat 3x



Rope Stretch

- Lying on your back with a rope wrapped around your heel, extend one leg out to 90° and pull down on the rope
- This will assist the stretch in your back and hamstrings
- Exhale and hold for 2 seconds and repeat 5x
- Once finished repeat on the other leg



Forearm Plank

- In a plank position with your elbows aligned below your shoulders and arms parallel to your body, raise your hips and knees and hold for 10 seconds
- Slowly release the tension by dropping down and repeat and progressively increase the amount of time planking until you reach 2 minutes

