1. **Seated thoracic extension over chair**

   Sit on a chair with your fingers clasped behind your neck. Lean the affected part of the thoracic spine against the back of the chair so that the chair supports the lower of the vertebrae to be mobilised. While inhaling push your shoulders over the edge of the chair, at the same time lean back to straighten the spine.

   Repeat ______ times.

2. **Thoracic rotation cross arm**

   Sit on a chair and clasp your arms on your chest. Push 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. Breathe in during the exercise.

   Repeat______times.

3. **Seated trunk rotation**

   Sit on a chair. Take hold of the back of the chair, look over your shoulder while turning your upper body.

   Hold_____ seconds 
   Repeat_______ times.

4. **All fours arm openings**

   Get in a crawling position. Lift your arm up to the side while rotating the body. Let your eyes follow the arm. Lower your arm (repeat with other arm)

   Repeat_______times.
5. **Prayer stretch**

Get into a crawling position. Let your arms slide along the floor as far as possible. Push your bottom back and down and the chest towards the floor. Breathe out while doing the exercises.

Repeat_______times.

6. **Prone scapula protraction**

Lying face down with your arms behind your back. Lift your upper trunk off the floor and pull your shoulder blades together. Look down at the floor while doing the exercises.

Repeat______times.

7. **Thoracic barrel extension**

Lie on your back on a towel positioned as advised by your therapist, with knees bent and hands behind your neck. Breathe in. While breathing out let your spine press against the towel allow your spine and shoulder to relax over the towel.

Repeat______times.

8. **Thoracic side bend over chair**

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.

Repeat______times.

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