

Upper back mobility exercises (Thoracic Spine)

TSE

Do these exercises __1-2__x day
Do these exercises on both sides / affected side

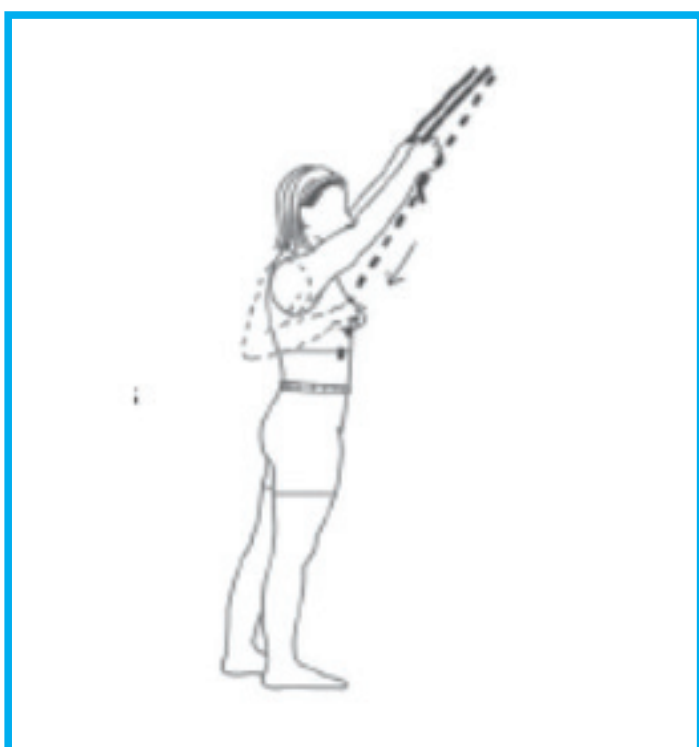


1. Seated Row:

- Attach Elastic to a secure Object
- Sit or stand up right, maintaining a good posture
- Keep elbows by your side and pull band towards you with both hands
- Squeeze shoulder blades together as the band is pulled backwards

Hold: 5 secs

Repeat: 12 reps - 2 sets

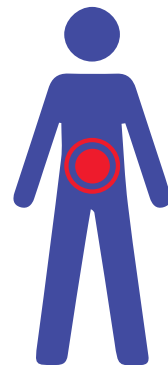


2. Lat Pull Down:

- Attach Elastic over the top of a door with knot in the middle of the band
- Hold both ends of the band
- Pull Band down towards your chest
- Squeeze your shoulder blades together at the same time

Hold: 5 secs

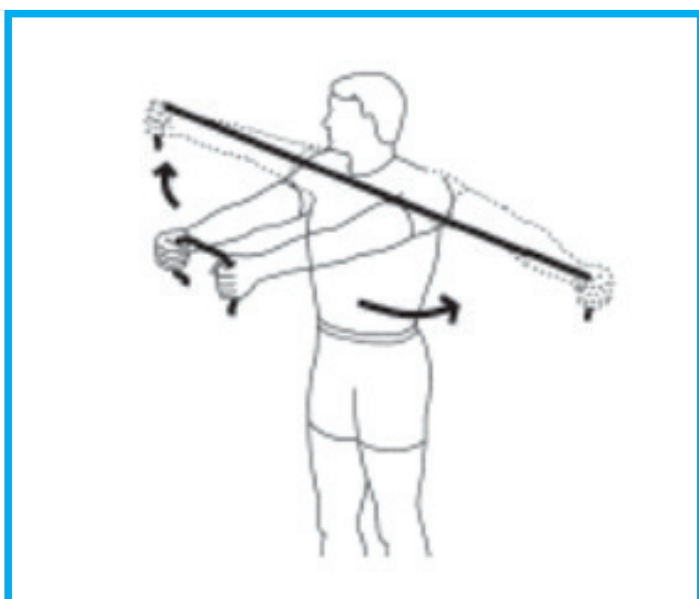
Repeat: 12 reps - 2 sets



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3. Reverse Flyes:

- Grasp Elastic I both hands – Arms out straight in front
- Pull Band apart – in to a 'T' shape
- Squeeze Shoulder blades together and hold
- Slowly return back to starting position

Hold: 5 secs

Repeat: 12reps – 3 sets



4. Bent Over Row:

- Stand in the middle of the band - Hold in one hand
- Slightly bend forward at the hip with slightly bent knees – Keep your back straight
- Pull Band to your side – in a Sawing Wood action)
- Squeeze shoulder blades together as you pull the band up

Hold: 5 secs

Repeat: 12 reps – 2 sets