

# THORACIC SPINE STRETCHES

## 1) Rhomboid Stretch

Bring left arm across front of body as shown. Hold elbow with right arm and gently pull arm across chest, until a stretch is felt.



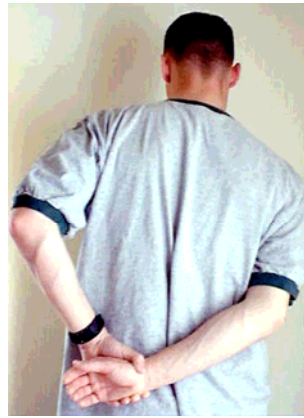
## 2) Serratus Posterior

Begin standing with arms hanging loosely to the sides. Breathe in slowly and as deeply as possible, while slowly raising arms to the side until above head.



## 3) Serratus Anterior

Place right arm behind back, and grasp wrist with left hand, as shown. Bend neck sideways to the left while pulling on right arm.



## 4) Thoracic Paraspinal Muscles

Sit in a chair to stabilize hips. Cross arms at mid forearm, and slowly roll forward, until a stretch is felt.



## 5) Infraspinatus Stretch

Place both hands on the back at waist level with palms facing forward. Lean over and allow elbows to drop toward floor, until stretch is felt.



## 6) Supraspinatus Stretch

Sit on chair (or stand) near wall. Place left arm straight out to the side with elbow straight, and place hand against wall. Move waist sideways away from the wall until a stretch is felt in the arm.



## 7) Teres Stretch

Place right arm over and behind head with elbow bent, as shown. Grasp right wrist with left hand and pull gently, until a stretch is felt.



## 8) Latissimus Dorsi Stretch

Raise right arm above and behind head as shown. Hold elbow with left arm. Pull arm gently as you bend your trunk to the left, until a stretch is felt.



## Exercise Directions

All stretches hold for 10-15 seconds.

Repeat for both sides.

Repeat cycle three times.

Stretches should be done twice daily (am/pm) and throughout the day when tightness is noticed.

**If “bad” (vs “good”) pain occurs, STOP, move on to the next exercise & discuss with the doctor at your next appointment.**