



# Exercise guide

## Thoracic spine

Throughout the following exercises, the emphasis is on slow, controlled movement.

If you are currently receiving physiotherapy only do the exercises that your therapist has prescribed under your current treatment plan.

When carrying out the exercises make sure you are safe and stable, using support of counters or tables if needed. Make sure all exercises are pain free and if they cause pain stop doing them or go to an easier exercise. Do not exert yourself beyond your own capabilities.

### Shoulder PNF patterns

- Lie flat on your back.
- Take your hand on the symptomatic side down to the opposite hip
- Start the movement with the palm facing the floor and thumb pointing away from you
- Slowly raise your arm above your head while rotating the hand
- When at the end of the movement the palm should be facing toward your head and thumb pointing behind you
- Repeat the movement in reverse to the starting point.
- For the second part of this exercise start with your affected side alongside your body and palm flat on the floor
- Slowly take the hand toward the opposite shoulder
- Finish the movement with the hand beside your head and palm facing you
- This can be progressed by applying resistance with your other hand or using a light weight such as a bottle of water

Complete three sets of 10 repetitions unless directed otherwise by your physiotherapist.

### Thoracic stretch

- Start lying on your back
- Raise your body and place a small, rolled up towel under your mid back
- Lie back on the towel and take your arms into a crucifix position
- Lie stationary for 20 seconds
- Raise your body, move the towel up or down slightly and repeat

Hold for 20 seconds at a time and repeat for no longer than five minutes at a time unless directed otherwise by your physiotherapist.

**Thoracic rotation**

- Sit upright with your arms crossing your chest and feet firmly planted on the floor
- Slowly rotate your body to one side as far as comfortable • Hold 5 seconds before slowly returning to the starting position
- Repeat 10 times
- Then repeat the movement to the other side

Complete three sets of 10 repetitions holding 5 seconds at a time unless directed otherwise by your physiotherapist.

**Shoulder girdle retraction**

- Start lying on your back with your arms resting at your sides
- Slowly draw both shoulder blades back and down
- Return to the starting position and repeat
- This exercise can also be performed in a seated position
- Start in a seated position with your arms resting at your side
- Maintain a flat back and keep your chest upright
- Slowly draw both shoulder blades back and down
- Return to the starting position and repeat

Complete three sets of 10 repetitions, holding for 10-15 seconds unless directed otherwise by your physiotherapist.

**Bent-over rows**

- This exercise can be performed in standing or with one hand and knee on a bed
- Take a small step forwards, resting your hand on the bent knee
- Bend forward at your hips, take a light weight in one hand and allow the arm to hang straight down
- Draw your shoulder blades back before slowly raising and bending at the elbow as far as able
- Lift the weight before controlling the movement to the starting position
- Repeat this exercise 10 times
- It is important to maintain a flat back throughout the whole movement
- This exercise can be progressed by the use of heavier weights or exercise bands

Complete three sets of 10 repetitions unless directed otherwise by your physiotherapist.

**Wall Press Up**

- Start standing facing a wall
- Raise your hands and place them shoulder width apart on the wall
- Slowly lean forward, controlling the movement with your arms
- Once your chest reaches the wall slowly push back to straighten your arms and repeat

Complete three sets of 10 repetitions unless directed otherwise by your physiotherapist.