

Exercise Prescription: Upper Thoracic Extension

Purpose of Exercise:

This is a self-stretch and mobility exercise for the shoulder girdle and upper T-Spine.

Self-Check

Shoulder Mobility

Starting Position:

On your knees, elbows on a chair with fingers on the base of your neck as shown.

Exercise Description:

From the starting position, exhale and lower your chest towards the ground while pressing down on your upper back with your fingers. Inhale and return to the starting position.

Repeat 8-12 times.

Pictures:

