

Physiotherapy Department

Thoracic Exercises

Arm Openings



- Side lying with hands together and arms out in front
- Take the top arm and rotate round to the opposite side
- Keep your lower arm still and rotate your neck as you keep looking at your top hand

External Rotation



- Start in sitting or standing, with your elbows by your side bent at 90 degrees and palms facing upwards
- Rotate your arms out to the side, keeping your elbows close to your body
- Try to pinch your shoulder blades together as you move your arms out to the side

Thread the Needle



- Start in 4 point kneeling weight evenly distributed over hands and knees
- Take one hand and thread it through the gap between the opposite hand and knee
- Reach your hand as far as you are able
- Return to the start position and repeat on the opposite side

Thoracic Rotation



- In sitting cross your arms in front of you
- Rotate one way, back to the middle then the opposite way

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Thoracic Exercises

Exercise band Bear Hug



- Start with the exercise band wrapped around your back, over your shoulder blades
- Hold the band tight and then push your arms out to the side and forwards, causing your back to arch
- Slowly return to start position

Shoulder Girdle Movement Exercises



- Shrug your shoulders and depress your shoulders
- Move your shoulders back and down then forwards and round
- Circle your shoulders clockwise and anti-clockwise.

Rotation and Extension



- Start with your hand touching the opposite knee
- Keeping your straight arm reach up and back in an arc shape, your head should follow your hand