



Thoracic and Posture Exercises



Introduction

These exercises aim to improve the mobility of your upper back and correct postural imbalances. Remember to perform these exercises slowly and with control. If you experience any pain, stop the exercises

Thoracic Extensions on Foam Roller



Purpose: Improves thoracic spine extension and mobility.

How To:

- ☐ Lie on your back with a foam roller placed horizontally under your upper back.
- ☐ Support your head with your hands.
- ☐ Gently extend backward over the foam roller, allowing your upper back to arch.
- ☐ Move the foam roller up and down your upper back, pausing at tight spots.

Prescription: 2-3 sets of 10-15 repetitions, holding each extension for 2-3 seconds.

Wall Angels



Purpose: Improves shoulder mobility and posture.

How To:

- ☐ Stand with your back against a wall, feet shoulder-width apart.
- ☐ Place your arms against the wall, elbows bent at 90 degrees, palms facing forward.
- ☐ Slowly slide your arms up the wall, maintaining contact with the wall as much as possible.
- ☐ Lower your arms back to the starting position.

Prescription: 2-3 sets of 10-15 repetitions.