

Rehabilitation of the Thoracic Spine

Do not perform any of these if pain increases



Polishing of the joints requires tubing, but the tubing around both wrists and loop around the doorknob. Light circumduction and traction back away from the doorknob until you feel the it in the affected area.



Stretching the thoracic spine, side-place tubing both around 1 wrist. Lean away from the door and stretch, lean the head away from the door.



Face the door in the sumo position, put the tubing around one wrist and pull away, stretching the rib heads.



Grab the arm and do a complete side stretch of the upper back.



Strengthening for stabilization. Place the tubing around both wrists, and around the doorknob, walking back with some light polishing until you feel the correct tension, then lift the chest to neutral, pull the hands back until they touch the ribs, getting in a comfortable position.



Then doing short range of motion pumping action pulling the shoulder blades together in back.



Placing the tubing over the door and doing a pulldown for the lower ribs. Middle ribs and upper ribs.



Place the tubing under your foot, stand in neutral position, pull the shoulders up to tension and do short shrugs.



Working the chest muscles is done by placing the tubing around the door knob, and on both hands, placing one arm over your head and crossing, facing away from the door and pushing away from the door for the lower chest as shown, raise for the middle chest and raise for the upper chest.

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