

OMNINE CHIROPRACTIC

THORACIC SPINE MOBILITY EXERCISES



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Why is the thoracic spine so important?

The thoracic spine is your middle back and due to the connections to the rib cage it is naturally stable and prone to limited mobility. Add in the fact that most of us sit too much and move too less it can cause issues in many different parts of the body.

How to use these exercises?

These exercises aren't considered medical advice and I would recommend seeking out a local health care professional if pain occurs. They are simply effective movement strategies to increase mobility in an area that many people need. I **recommend spending a minute or two on each movement.**

What about _____?

There are tons of great exercises and resources available. The exercises that I have selected have been effective for myself and my patients. I do not discourage using other exercises. As always, find what works and do more of that.



Quadruped T/S Rotation



Sit back on your heels so your lower back remains in a safe position. Place one hand behind neck and support yourself on the opposite arm. Focus on rotating through your upper back. Be sure to perform both directions.

Cat / Camel



Start on all fours and slowly start to look up as you progress your spine into extension from the top-down. Breathe into your belly and slowly move in a controlled manner in the opposite direction as you round your back and let your head sink into the movement.

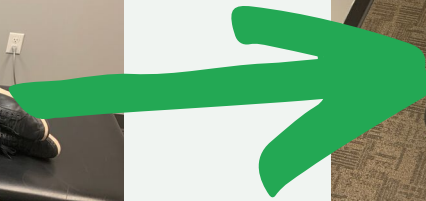


Cressey Mobilization



Rest your elbows on a slightly elevated surface and sink your butt towards your heels as you bend your elbows and extend your upper back. Focus on tucking your chin and elongating your spine. Hold for a few seconds before you return to starting position and repeat

"Bretzel"



Lie on your side. Top arm grabs the bottom leg. Take a deep breath into your belly and allow your shoulder to relax back towards the table as you exhale. Use bottom arm to apply slight pressure to top leg to keep pelvis in position. Hold for 5 seconds and return to start position. Perform multiple times on both sides.



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