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For advice and support in quitting, contact your GP or the free NHS stop smoking helpline on 0800 169 0 169

Addenbrooke's Hospital Outpatient Physiotherapy

Patient Information

Thoracic spine exercises

Document history

Authors	Outpatient Physiotherapy
Department	Cambridge University Hospitals NHS Foundation Trust, Hills Road, Cambridge, CB2 0QQ www.cuh.org.uk
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General advice

These exercises will help you to improve the movement in the middle (thoracic) part of your spine. Complete the exercises as directed by your physiotherapist.

Exercises

1. Sit on a chair with your back straight and your feet firmly on the floor. Now bring your chin to your chest and round the upper trunk. Keep your head and shoulders relaxed.

Repeat ___ times.



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2. Sit on a chair with a high back. Keep your feet firmly on the floor. Gently lean backwards so that the area of your spine above the back of the chair extends.

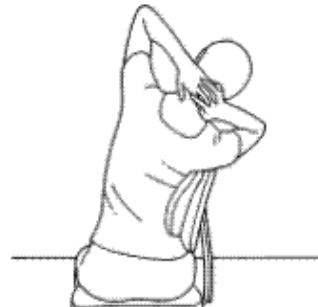
Repeat ___ times.



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3. Sit sideways on a chair with a back. Place a cushion between your side and the back of the chair. Put your hands behind your neck or cross them on your chest. Bend sideways.

Repeat ___ times.



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Pain relief

To help us optimise your treatment, it is important that you have adequate pain relief. If you are suffering high levels of pain please seek advice from your pharmacist or GP.

Further advice

Please be aware that this handout is to be used as a guide. If you find these exercises painful please seek advice from your physiotherapist or GP.

Contacts

Please contact our reception on 01223 216633 to leave a message for your physiotherapist, or to enquire about appointments.

This information has been compiled by the Physiotherapy team at Addenbrooke's Hospital. You may receive this information during an appointment with a physiotherapist, from your GP or via our website at www.cuh.org.uk/outpatient-physio

8. Lying on your back with a rolled towel positioned along your mid spine between your shoulder blades. Place your hands behind your neck with your elbows pointing towards the ceiling.



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Take a deep breath and move your elbows apart and down towards the floor.

Repeat ___ times.

4. Sit on a chair and cross your arms over your chest, clasping the opposite shoulder. Rotate the trunk to one side. Rotate back to the midline and then rotate to the other side.

Repeat ___ times.



5. Start on all fours. Lift one arm up to the side while rotating your trunk. Let your eyes follow your arm. Lower your arm and repeat with the other arm.

Repeat ___ times.



6. Start on all fours. Arch your spine upwards while letting your head relax down between your arms. Now let your back drop down, hollowing the mid-back. Keep your neck long and your elbows straight.

Repeat ___ times.



7. Start in a crawling position. Let your arms slide along the floor as far as possible. Push your bottom back and down and the chest towards the floor.

Repeat ___ times.



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