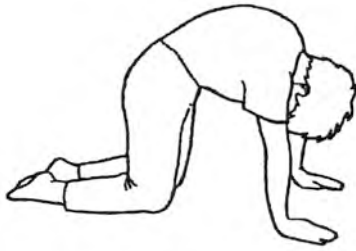


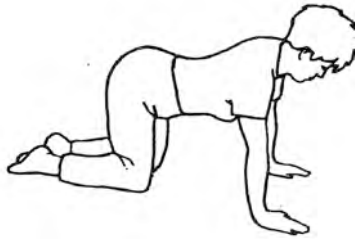
THORACIC EXERCISES
MEAD STREET PHYSIOTHERAPY



Angry Cat-hollow



Side-bend over a chair



Angry Cat-arch



Extend back over a chair with your back still.



Prayer Stretch
Drop your chest to the floor and gently slide arms forward.



Rotate around on a kitchen chair.



Rotations

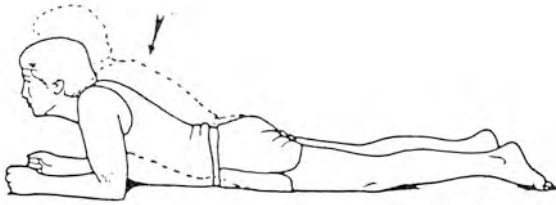


Place a rolled up towel along the length of your spine and roll across it left to right.



Prayer Stretch-diagonal

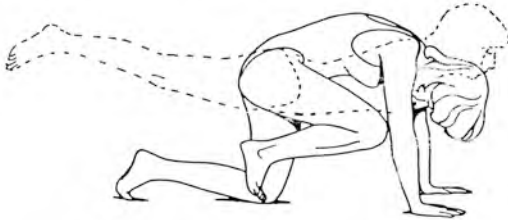
THORACIC EXERCISES
MEAD STREET PHYSIOTHERAPY



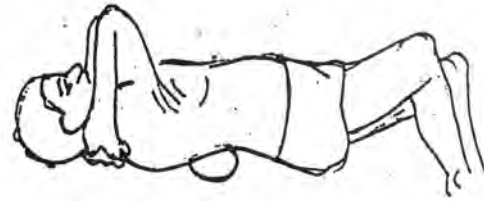
Prone shoulder-blade squeezes



With one arm by your side, use your other hand to gently stretch your neck away.



On hands and knees, kick one hip backwards.



With your head supported with your hands and back flat, roll back over a rolled up towel.



Leaning through your hands, spread your shoulder blades together and apart.



Leaning up against a wall with your back flat and head supported, gently slide your arms up the wall.



Standing in corner, squeeze your shoulder blades together.