

Serratus Dynamic Hug with Theraband



- Wrap Theraband around shoulders and grab both ends
 - Keep elbows locked at around 100 degrees.
 - Cross arms across body, giving self a “hug”
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- 3 sets 10 reps
 - Once a day

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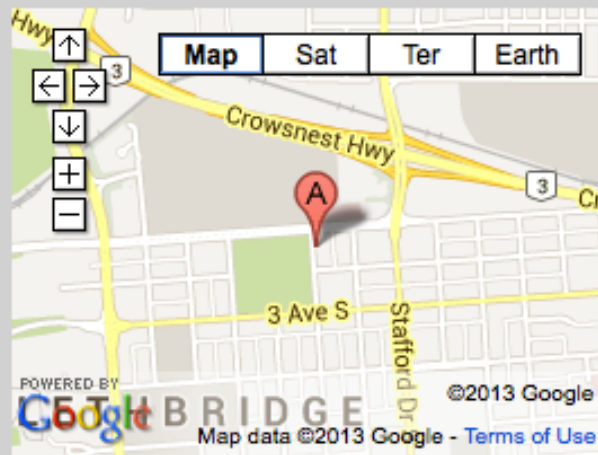
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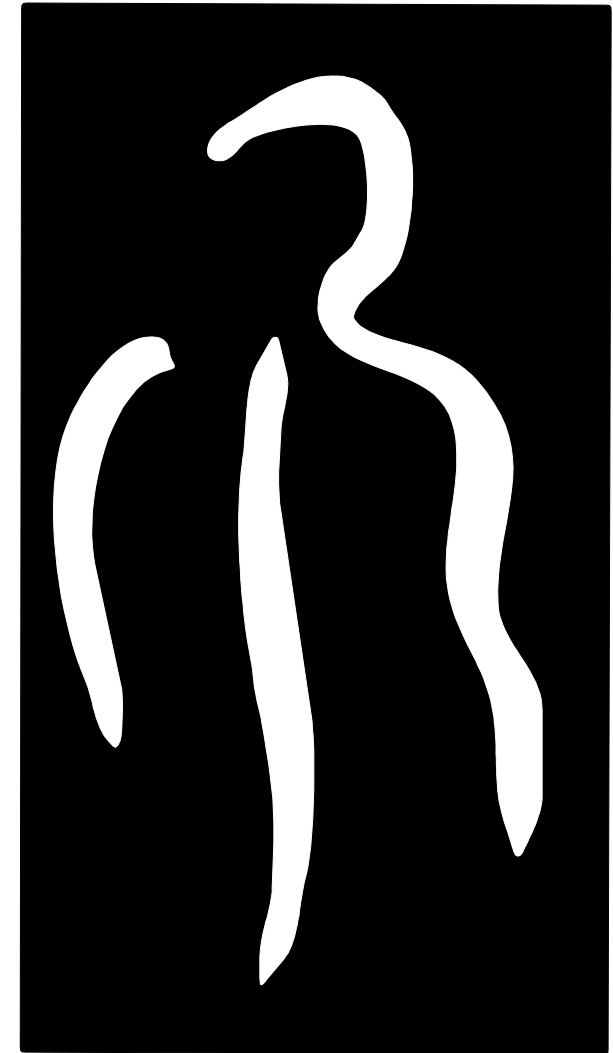
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Thoracic Spine Pain & Therapeutic Exercises

Thoracic Extension with Foam Roller



- Lay on roller so spine is perpendicular with it
- Bend knees and lift hips off ground while maintaining flat body position
- Roll back and forth from top of shoulders to bottom of rib cage
- Make sure to not roll above shoulders (ie. Neck)

- Roll back and forth 8 -10 times
- Do 2-3 times a day

Scapular Retraction with Theraband



- Grab both ends of Theraband and begin with hands slightly wider than shoulder width apart and arms extended in front of chest
- There should already be tension in the band.
- Try to squeeze shoulder blades together while pulling hands apart

- 3 sets 10 reps
- Once a day

Seated Row with Theraband



- Sit on ground with legs fully extended
- Wrap Theraband around feet, and cross the ends
- Grab both ends of band and begin with arms vertical and elbows tucked at side
- Elbows should be around 90 degrees
- Without changing elbow angle, pull bands back with hands and squeeze shoulder blades together

- 3 sets 10 reps
- Once a day