

Thoracic Spine (Upper Back) Stretches

Compare the range of motion on the left and right – aim for symmetry.
Hold stretches for 30 seconds and repeat 1-5 times on each side.



1. Cat Arches

On your hands and knees, raise the spine at the level of the shoulder blades upwards toward the ceiling. Repeat as directed.

2. Rhomboids

Pull shoulder forward, then arch spine toward shoulder. Repeat on the other side.



3. Prone Head and Shoulders Raise

Lie on your stomach, arms at your sides, face towards the floor. Contract your buttocks and your lower back for stabilization. Lift your head and shoulders off the floor, ensuring that your face continues to point towards the floor. Lift slowly, pause, and lower gently. Repeat as directed.

