



1. Thoracic rotation stretch sitting

Sit upright in a chair. Rotate your body around to one side, then rotate around to the other side. You can hold onto the back of the chair to increase the stretch.

1 rep, 1 set, 1 s hold



2. Long sit rotation

Sit on the floor and raise your right leg and cross it over the left leg so your right foot is placed just outside of your left knee. Straighten your left arm and place your elbow on the right side of your knee. For stability use your right hand, which is still behind you. Hold the stretch for the required duration with controlled breathing. Return to the starting position and repeat for the other side.

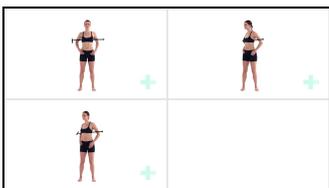
1 rep, 1 set, 1 s hold



3. "Thread the needle"

Start lying on your front. Bring yourself up onto your hands and knees. Your hands should be under your shoulders and your hips over your knees. Take one hand off the floor and reach in and through between your other hand and leg on that side. Allow your shoulder and head to follow, moving down towards the floor as your hand reaches through. Allow your back to twist. You should feel a stretch down your side, your shoulder blade and neck. Hold and then relax and repeat.

1 rep, 1 set, 1 s hold



4. Thoracic rotations with stick

Stand with a stick across your upper back and both arms hooked over the top. Keeping your posture upright, rotate around from one side to the other, stretching your upper back.

1 rep, 1 set, 1 s hold



5. Bent-leg body twist variation - restricted mobility of the lower back

Lie on your back in the supine position with your legs bent and your feet flat on the floor. Extend your arms at a 45 degree angle to your trunk with your palms facing downwards. Raise your head just off the floor and keep your chin tucked in. Maintain contact between your knees and feet, and tighten your abdominal muscles for the duration of the exercise. Now rotate your legs to the left to the limit of your ability, make sure the opposite shoulder remains in contact with the floor throughout the movement. Move back to the neutral position and repeat, alternating sides for the desired number of repetitions. Do not rotate the legs to a point beyond which the arms and shoulders can no longer maintain contact with the floor. Perform this exercise in a slow controlled, manner within the range of your mobility.

1 rep, 1 set, 1 s hold