

Thoracic Roll Stretching Exercise

Perform this stretching and mobilization procedure in preparation for all mobilizing and correcting procedures as well as for all home rehabilitation exercise sessions.

Perform the following steps:

1. Lie supine on the floor or flat surface with knees up. Place Thoracic Roll under back of neck.
2. Push with feet; roll the back over the foam, stretching the thoracic muscles until they feel distinctly more mobile.
3. Add lateral flexion and/or rotation of the upper body while forcing the spine to move over the roll until the spine is supple.



Modification: If needed due to muscle contracture, extensive degeneration and/or inflammatory process may find these exercises more comfortable initially using the **Thoracic Roll against the wall** instead of on the floor. This method allows the patient to alter the amount of applied weight to his/her tolerance. After a week or two, the patient should be able to better tolerate using the roll on the floor.

