

Thoracic Wall Mobilization

Begin seated on the edge of a chair or exercise ball facing a wall. Bend your elbows and place your forearms on the wall in front of your head.

Rest your forehead on your hands or on the wall in front of you.

Take a deep breath in. Then as you fully exhale let your chest and sternum fall in towards the wall. You should feel tension in the upper back as you do this.

Repeat this 10 times.



Notes:

- Take a deep breath in and fully exhale as you let your chest sag inwards towards the wall