

## **Thoracic Spine Stiffness– 5 easy exercises**

### **1. The Ball Stretch**

- Lay on your back with your knees bent and the tennis balls underneath your back, with one tennis ball on either side of your spine
- Slowly take your arms up and over your head, feeling the balls push into your back
- Slowly move your hands back and forth until you feel the stiffness relieve
- Move the balls down your spine, focusing on spots that are particularly stiff or sore

### **2. The Twister**

- Stand side on to the wall with your hip and foot against the wall
- Keeping your pelvis facing forwards, turn your upper body to face the wall
- Place your hands on the wall with your elbows high and fingers pointing in
- You should feel a stretch in the mid-section of your back
- Hold 30 seconds

### **3. The Archer**

- Lay on your side with your legs bent and arms extended and palms together
- Slowly pull your top arm backwards as if drawing an arrow, keeping your elbow high
- Pull back as far as you can until you feel a stretch in your mid back

### **4. 4 point stretch**

- Kneel on all fours with your hands beneath your shoulders
- Take one hand off the ground and point it towards the ceiling by rotating your upper body around

### **5. Foam roller stretch**

- Lay on your back with a foam roller running down your spine
- Lay your hands on the floor and relax shoulders back towards the floor