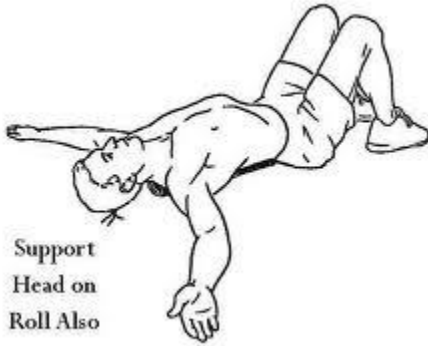


Thoracic Mobilization Using Towel Rolls



- Place one towel under your head & nothing under your neck
- Place 1 towel roll under your upper/mid back lengthwise between your shoulder blades
- Bend your knees so your low back rests flat in the floor or bed
- Lie on your back in this position for 5-10 minutes

If you experience pain STOP and try re-adjusting or change the towel. If pain continues, try lying on your back without towels

CAUTION: DO NOT TAKE A NAP OR SLEEP AT NIGHT LIKE THIS! IT WILL MAKE YOU VERY SORE!

Thoracic Mobilization Open Book Exercise



- Lie on your side with your head and neck supported by a towel roll or pillow and your chin in a neutral position
- Place a pillow or towel roll between your knees to maintain good hip, pelvis, and spine alignment
- Bring your knees towards your chest and position at 90 degrees
- Place your arms straight in front of you with your hands together
- Slowly take your top arm and “open the book” with your head looking towards your arm as you open
- “Open the book” only until a gentle stretch is felt and hold for 10-20 seconds before slowly returning back to the starting position- “closing the book”
- DO NOT STRAIN/OVERSTRETCH!
- Repeat the exercise lying on your other side
- Repeat 5-10 times per side
- DO NOT continue to perform if pain is experienced with any portion of this exercise

