






Thoracic Mobility Routine






Exercise	Notes	Progression
	<p>Focus on the movement through the spine. Try to “Feel” the vertebrae in your spine move. Get used to this feeling. When it comes to moving the lower spine (Lumbar) really imagine the extension and flexion in the pelvis too. This will help exaggerate the curvature too.</p> <p>Depends how your doing it for sets and reps- If as a circuit do 3 times throughout the whole circuit. If as a mobility session, do 15 reps x 2 sets</p>	<p>Increasing range through the spine. No real progressions for this one</p>
	<p>Foam roll the thoracic spine. Then as you feel as though you are loosening off, extend back over the foam roller. Using the foam roller as a pivot point.</p> <p>Work through the segments of the spine. Spend a few minutes on each “level” then do the extension.</p>	<p>Taking your hands above your head will make it seem harder. This would also help stretch out the pectorals too.</p> <p>You can do this with the foam roller length ways, better with a long foam roller. Roll side to side and fully flex the arm above your head.</p>
	<p>Quadrupedal position. Hand on head, take elbow to elbow and extend out. Try to keep hips square to the floor. You will feel this through the spine.</p>	<p>Pairing this and the next exercise together. Using this one to increase range before going into the next exercise.</p>



Thoracic Mobility Routine



Exercise	Notes	Progression
	<p>Needle thread- can be done with a foam roller to help increase range if range is a real struggle.</p> <p>Thread arm through the bodying sink shoulder to floor keeping the hips high.</p> <p>Thread through and hold for 15-20 seconds</p>	<p>As above, pair it up with the previous exercise.</p> <p>Can also turn this into a PNF exercise. This will be great for range. Using a towel, or a heavy cable machine, thread though, feel a good stretch hold for 12 seconds, then contract or pull the towel/ weight towards you without moving, hold for 6 seconds, release and you will increase range. repeat 3-4 times</p> <p>Probably easier with a partner.</p>
	<p>Side plank rotation. A dynamic stability and mobility exercise. Rotate as far as you feel you can and then extend back through.</p> <p>12-15 reps x 3 sets</p> <p>If you need to drop onto your knee thats fine. Think about what your trying to achieve out of the exercise.</p>	<p>If your on your knees, then a full side plank.</p> <p>Can start to add additional movement while doing the rotation, such as, extension or abduction at the hip. This will really target the posterior chain!</p>
	<p>Side lying rotation- Keeping knees to the side, rotate the spine to the opposite side.</p> <p>Don't worry if you cant get flat, that will come with practice.</p> <p>15-20 both sides x 3- or what time dictates.</p>	<p>progression will be the range.</p>