

Thoracic Rotation



In an all 4s or quadruped position, place one arm behind the back and the rotate the upper body/torso towards the ceiling of the arm that is behind the back. Stay long through the entire spine and have solid support with the off hand and legs.



Sitting back on the heels in a tall kneeling position, take one arm and thread it through the support arm and lower body to rotate towards the support arm. Stay long through the entire spine and slowly rotate downward toward the floor.



Standing against the wall, place both arms out in front of you and rotate the outer arm around the body with the torso following to open chest up to the room for Tsp rotation. Perform both sides.

Slow and controlled, do not let the arm travel faster than the torso



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