

Active Health Solutions

Thoracic Extension



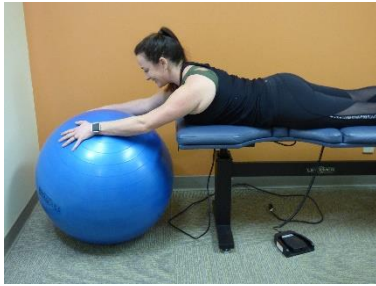
Extension on the Foam Roller

- Lay on the roller at shoulder blade level.
- Clasp your hands behind your head and bring your elbows out to the side, supporting your head and neck.
- Keep your head and neck in line with the spine, a neutral position, with your eyes towards the ceiling and bottom on the floor.
- Gently stretch back for a few seconds, then return to neutral. Repeat 5-10 times.
- Roll down to the second level and repeat the stretch. Repeat until you are at the bottom of your rib cage (NOT THE LOW BACK).



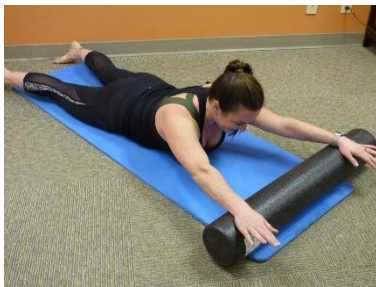
Reaching Overhead

- Lying lengthwise on the foam roller, clasp your hands together in front of you, above your chest with arms straight.
- Slowly move your arms above your head until you feel a good stretch.
- This exercise should be PAIN FREE. Hold stretch for 30-60 seconds.
- Progress to using a Thera-band and dropping the elbows out to a “goal post” position.



Prone Extension

- From a bench or bed, place both hands palm down on the ball and gently press down on the ball.
- Draw the ball toward you lifting the upper part of the spine.
- Try to keep the neck in line with the body and do not overextend the lower spine.
- Repeat slowly and continuously 10 times.



Prone Extension on the Floor

- Lie on the floor with the roller out in front of you.
- Place your wrists on the roller and gently press down.
- Draw the roll toward you keeping the elbows extended.
- Take care not to extend the lower spine and keep your neck in line with your body.
- Try to draw your shoulders away from your ears as you extend the upper spine.
- Repeat slowly and continuously 10 times.



Kneeling Extension

- Kneel with elbows up on a bench or chair.
- Sit back towards your heels, letting the mid back relax towards the floor.
- Be careful not to over extend through the shoulders.

ACTIVE HEALING FOR ACTIVE PEOPLE
Proactive Healing for Proactive People