



Bloomsbury Osteopathy

# Thoracic Exercises

## Diaphragm Stretch

### TSPM13

#### Function:

To relax and stretch the diaphragm, the intercostal / rib muscles and pectoral muscles whilst also increasing mobility in the joints of the sternum and thoracic spine.

#### Caution:

If you have a spinal condition consult your osteopath before performing this exercise.

#### Method:

##### Starting Position:

Be seated on a "Swiss Exercise Ball" with feet on the floor and placed comfortably apart.

#### Action:

Slowly and in a controlled manner allow yourself to roll down/forwards until you are lying backwards arched over the ball. Hold your arms out to the side and allow them to drop downward. Hold for 30 seconds whilst breathing slowly and deeply. Return to starting position.

#### Notes:

To further the stretch, use your feet to push back and forth so that your back rolls to and fro over the ball. If you do not have access to a Swiss Exercise Ball, you may be able to improvise with large firm cushions.

STRETCHING OF THE:  
MUSCLES, LIGAMENTS AND JOINTS OF THE THORACIC AND LUMBAR SPINE  
(UPPER AND LOWER BACK)  
STRETCHING OF THE RIBCAGE AND THE DIAPHRAGM  
(TSPM13)



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