



Bloomsbury Osteopathy

# Thoracic Exercises

## Thoracic and cervical Spine Mobilisation Exercises TSPM02

### Function:

To increase mobility in the upper back, thereby maximising joint and local tissue health and reducing tension in spinal muscles. Also to stretch the neck, particularly the base of the neck

### Method:

#### Starting position:

Be seated with feet comfortably apart and head in a neutral position. Interlace your fingers and place them around the back of the neck or over the back of your head. Bring the elbows tightly together beneath the chin.

### Action:

Slowly and in a controlled manner gently pull your head or your neck forwards. When you feel a comfortable stretch pause for 5-10 seconds. Place your head back in the neutral position and then repeat as prescribed. You can vary the direction of force by tilting slightly of your arms to the left and then to the right.

### Notes:

If you have a neck problem or if you experience dizziness stop this exercise and consult your osteopath.

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All exercises are available from  
[www.Bloomsbury-Osteopathy.co.uk](http://www.Bloomsbury-Osteopathy.co.uk)

STRETCHING OF THE:  
MUSCLES, JOINTS AND LIGAMENTS OF THE CERVICAL SPINE, (THE NECK)  
(TSPM02)

