

IMG PHYSICAL THERAPY

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IMGPT.COM Facebook: Integrated Medical Group Physical Therapy (IMGPT)

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THORACIC EXERCISE SHEET

Training or Rehabilitation of the spine may take an extended period of time. A loss of strength, range of motion, and use is common after an injury or surgery. You may also experience some swelling and popping noises. Your strength, range of motion, and use of the spine can be improved if you follow your program. It may become frustrating at times, but you can be successful with hard work, patience, and listening to your body.

When you are exercising on your own at home there are some things to remember...

- * Any specific exercise that causes pain, especially sharp knife like pain, is hindering the healing process for your injury and should be modified or discontinued until you notify your therapist.
- * Increased swelling after exercise indicates that the exercise may be too difficult or it is not being done correctly.
- * Re-injuries during the rehabilitation process will slow your progress. If you get recurring pain either lower the resistance; lower the number of sets or repetitions; or reduce the range of motion to avoid the area of pain.
- * You should experience muscle soreness, dull ache, fatigue, and stretching sensations, but the exercises should not increase the pain or swelling.
- * When in doubt about how much weight or resistance tubing to use for exercises, guess low. It is safer and easier to add weight than to hurt your self with too much weight.
- * Consult your Physician or Physical Therapist if any problems arise or if you have any questions regarding an exercise. It is better to make sure that you are doing an exercise correctly than to cause further injury by doing an exercise incorrectly.

These exercises are to be done 1 time per day or 3 to 5 days per week.

Perform 2 sets of 15 repetitions for strengthening exercises

Stretch for 3-10 repetitions holding 10-30 seconds each time.

Ice or heat for 15 minutes after exercising if needed.

Mid Thoracic Extension:

Start by lying on your stomach with hands up at head height.



Step 1: Tuck your chin in. Do not bend your head back.

Step 2: Using your Mid Back muscles lift your head toward the ceiling without bending your neck.
Hold 5-10 seconds for 10 reps. When easy build toward 3 sets of 30 second holds.
This exercise can be done daily



Thoracic Muscle Energy Rotation:

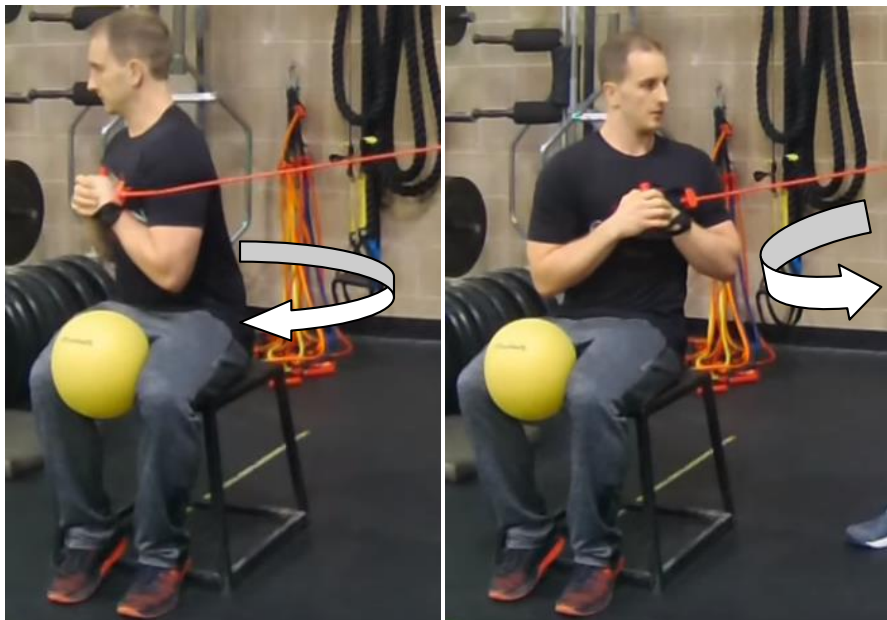
Start sitting facing forward with band behind you.

Squeeze a Ball between your knees. Rotate away from band and Pause 1 sec.

Then allow band to rotate you back toward the wall while holding the ball.

Take 1-2 deep Breaths and exhale and allow band to further pull you toward the wall.

Perform 2 sets of 15 Each Direction.



Courtesy of Mike Reinold and Dave Tilley @ Champion PT Boston

Doorway Stretch:

Stand with your Hands on the Doorway at Shoulder Height. Lean Forward until you feel a stretch in your chest area. Must be pain-free. Hold for 30 seconds. 3 Repetitions. Daily.



Scapular Retraction with Tubing:

All 3 positions your thumbs should be pointing up. Pinch your shoulder blades back together which will pull your hands slightly apart.

Position 1: Hands straight down.



Position 2: Bent Elbows



Position 3: Shoulders Straight Out.

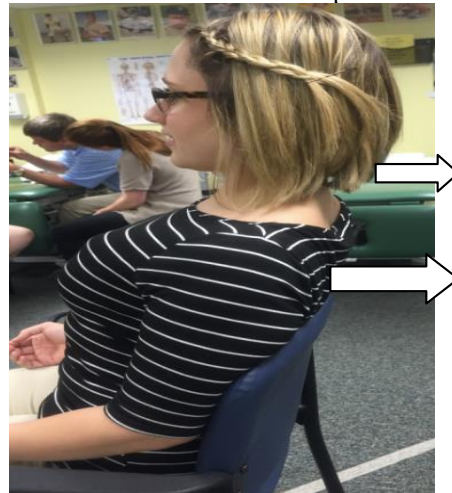


Cervical Retraction with Thoracic Extension:

Sit in a straight back chair supported to the level of your shoulder blades. Your bottom should be as far back in the chair as possible. Relax against the back of the chair.



Slowly draw your head backwards, keeping your eyes level. The movement is similar to avoiding something being pushed into your face. Try to make the movement smooth and draw your head further back with each repetition.



Perform 30 times. Daily