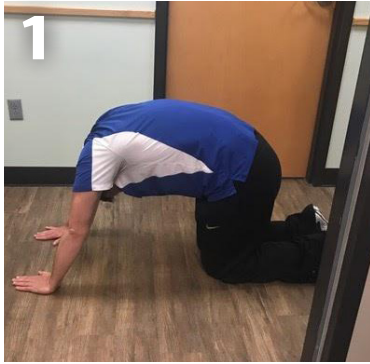


## MID BACK (THORACIC) STRETCHES

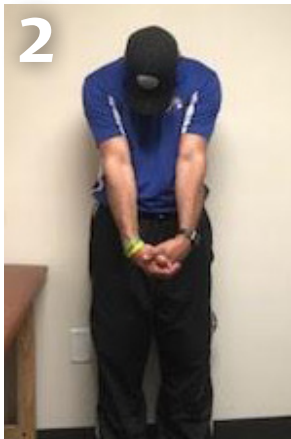
FROM PRATIBHA BANSAL, MD FT. SAMMY IRACI III, PT OF FAMILY CARE PHYSICAL THERAPY



**REPS: 5**  
**HOLD: 10 seconds**  
**7 days a week**

Start on hands and knees. Keep the buttocks in line with the knees. Arch the back upwards like a camels hump (picture 1) and bend the head down. Hold for 10 seconds.

After completion, lift the head back up and arch the back like a cat (picture 2) and hold for 10 seconds. Repeat process 5 times.



**REPS: 5**  
**HOLD: 15 seconds**  
**7 days a week**

In standing, reach towards the floor but try not to bend at the low back. Slowly bend your head downwards and pull shoulder blades apart by using the arms to pull the shoulders forward to stretch the middle of the back.



**REPS: 5**  
**HOLD: 15 seconds**  
**7 days a week**

Begin standing upright. Clasp your hands together and rotate to the Right. Keep your back straight, slowly bend your head down and pull your shoulder blades apart to stretch the middle of your back. Perform on both sides.



**REPS: 5**  
**HOLD: 15 seconds**  
**7 days a week**

Begin in standing. Raise arms with elbows straight and lean towards the side until a stretch is felt at the side of the waist. Perform on both sides.