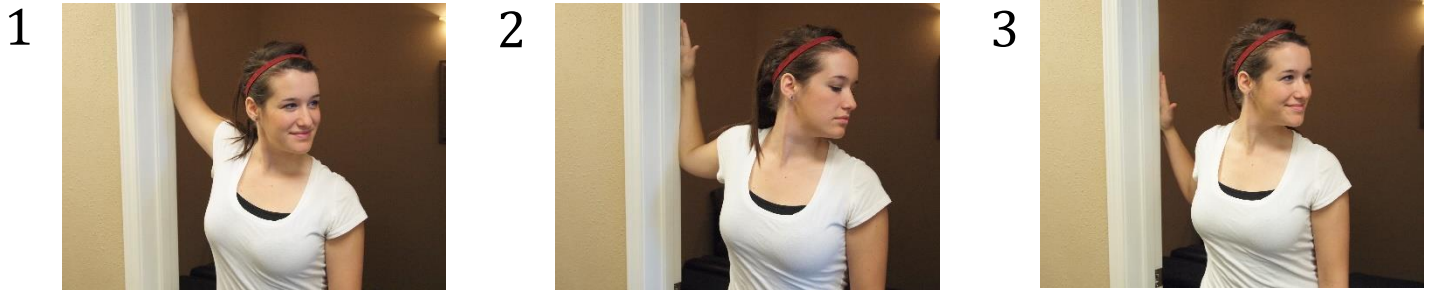




Rehabilitative Exercises | Thoracic Stretch

T4- Thoracic Doorway Stretch-Chest



- 1- Bring your arm into a Y position with the elbow straight looking ahead or upward slightly. Feet about shoulder-width apart. Lean into the door frame while turning your head to the opposite side. Do not arch your lower back or allow head to fall forward.
- 2- Repeat the same stretch with your hand at the height of your head.
- 3- Repeat again with your hand at the height of your shoulders.
- 4- Hold each position for ____ seconds. Repeat ____ times a day.

(Important: Do not allow your head to fall forward or look down during this stretch.)