



Rehabilitative Exercises | Thoracic Stretches

T2 Chest Stretch

1



2



- 1- Take your hands and place them one on top of the other with thumbs facing the ceiling.
- 2- Walk your thumbs up your back as high as you can go. Keep your neck neutral and pull your elbows and shoulders back.
- 3- Hold for ____ seconds. Repeat for ____ times a day.