



Rehabilitative Exercises | Thoracic Stretch

T6 Lats



- 1- Kneel on the ground with your hands stretched out in front of you and palms flat on the ground.
- 2- Lean Back. Drop your head down and feel the pull through your underarms.
- 3- Pull your hands to the left side and shift your weight to the right. Pull forward and lean back into the stretch.
- 4- Repeat stretch on the other side. Hold position for _____ seconds. Repeat _____ times a day.