



Rehabilitative Exercises | Thoracic Activities

T3- Thoracic Corner Stretch-Chest



- 1- Bring your arms into a Y position with the elbows straight looking ahead or upward slightly. Feet about shoulder-width apart. Lean into the wall until you feel a stretch in your chest, shoulders and upper back.
- 2- Repeat the same stretch with your hands at the height of your head.
- 3- Repeat again with your hands 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.)