



Rehabilitative Exercises | Thoracic Stretch

T1 Fighter Pilot



- 1- Interlock fingers and pull hands away from your body.
- 2- Bring the right elbow up.
- 3- Pull across, down AND away from your body. You should feel the stretch right behind the shoulder blade.
- 4- Continue the stretch on the other side, forming a figure eight motion.
Repeat this stretch for _____ seconds on both sides _____ times a day.