

Thoracic Exercises

1. *Wall Push*



**Repeat 5
times**

**Hold for 10
seconds each
time**

**Rest for 10
seconds
between
each rep**

Purpose: This exercise isolates the muscles between the shoulder blade and the spine of your upper back, improving posture and making a greater range of motion possible for your upper arms.

Position: Maintain a straight back and stand close to the wall. Stand tall with your feet shoulder width apart, with elbows lifted out to your side.

Action: Slowly lean your body towards the wall supported by your elbows. Sink your body back, adding pressure to your elbows. Your elbows are the only part of your body touching the wall. To change desired resistance, simply adjust your distance from the wall. Perform 5 Sets, 10 seconds each repetition, 10 seconds rest between each repetition.

Tip: If you find yourself pushing your elbows back, rather than creating that “leaning motion,” re-adjust your stance by taking a small step forward, creating a more distinct lean. Occasionally review your technique. Remember, your results are the consequences of your overall technique and consistency.

2. Chair Lift



2 sets

10 repetitions

**20 seconds
rest between
sets**

**Modified
Version**



Purpose: This exercise adds mobility to your neck, strengthens your upper back, chest, as well as the back of your upper arms. It also adds stability to your upper back.

Position: Find a chair with good arm support. With your arms supported by the chair, slowly extend your legs straight in front of you, resting on your heels.

Action: Slowly push up and slowly lower. As you reach the top of each repetition, the muscle, called the upper trap, receives stretch benefits. So make sure you take each repetition to the top. Perform 2 Sets, 10 Repetitions, 20 seconds rest between sets.

Modified Version: Bend at your knees maintaining your feet flat on the floor. This version recruits your legs. This added support enables you to simultaneously push with both arms and legs to achieve the same motion with less resistance.

Tip: The advantage of utilizing a chair versus a dip bar is the prevention of reaching the total dip position, which causes unnecessary pressure to the shoulder joint. As your skills improve, do not increase your range of motion by dipping further, rather increase your number of repetitions and move to other exercises.

3: Lower Trap Squeeze



Repeat 20 times

2 Sets

Rest for 30 seconds between each set



**Modified Version:
You can bend the elbows to reduce the amount of resistance**

Purpose: This exercise strengthens the muscles between the shoulder blades just below the muscles previously strengthened in the “Wall Push” exercise. These muscles play a very important role in holding your shoulder blades in proper position when your arms are in motion. This exercise helps prevent rounded shoulders, improves posture, and helps make complete arm range of motion possible.

Position: Find a chair with good support. Place your feet firmly positioned shoulder width apart on the floor. With your arms down to your side, maintain a straight back in a slightly leaned forward position.

Action: At the top of each repetition, squeeze your shoulder blades together. When you isolate and strengthen small muscles, they tire quickly. This is normal. If you begin to tire, do not sacrifice the range of motion. Rather, bend your elbows more, reducing the amount of resistance. Keep squeezing at the top of each repetition, nice and slow. Perform 2 Sets of 20 Repetitions.

Tip: The shoulder blade is one of the most free moving bones in your body, and with healthy muscles supporting it, arm motion will become easier and more mobile.

4. Serratus Roll



2 sets

10 repetitions



**20 seconds
rest between
sets**

Purpose: Because your shoulder blades are one of the most free moving bones in your body, this exercise strengthens the muscles to help hold your shoulder blades against your rib cage, allowing your arms to move with greater ease and increased mobility.

Position: Find an open space on the carpet or a mat. Position yourself on all fours, making sure the hips are directly over your knees, and your shoulders are over your wrists. Keep your hips and shoulders square throughout the exercise.

Action: With your elbows straight, slowly push evenly with both arms through your shoulders. Exaggerate the motion. You should feel your chest “hollow out” as you push through your shoulders. The only movement occurring is your chest and upper back slowly rising and lowering. Perform 2 Sets of 10 Repetitions. 20 seconds rest between sets.

Tip: The motion is subtle, however, the benefits are very significant.