



Thoracic Against Wall

~Let Hope Be Your Guide to Health

Thoracic Against Wall

Your starting position: Start seated facing a wall with your knees against the wall. Sitting nice and tall, rest your forearms flat against the wall resting your head on them. Gently take a deep breath in expanding the curve of your back and then slowly exhale forcing the upper back toward the wall. You should feel a pinch in the middle of your back where the muscles are contracting between the shoulder blades. You should NOT feel pain in your shoulder joints, if you do, stop doing the exercise.

This is a great exercise to take a break from sitting at the computer for an extended period of time.