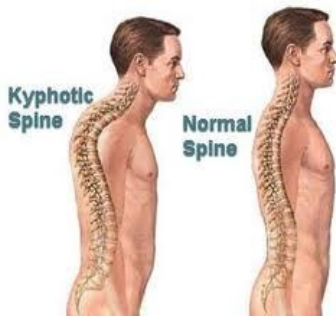




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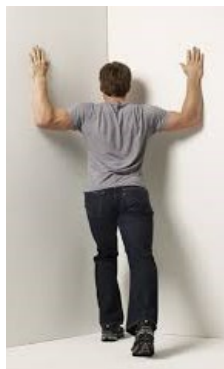
Thoracic Kyphosis Exercises

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The exercises below get progressively harder. Start with the easiest ones to find out what stage you are at. Don't do any that are too hard too soon. Remember you should not experience pain whilst doing your exercises, but might feel the muscle working, and may feel a slight ache the following day. This is normal, but if there is sharp pain either during or after the exercises, please contact Roz Thomas. With all the exercises below, don't let your lower back arch, use your core to keep it in neutral.



1. Reach hands behind back, squeeze shoulder blades together. Hold



2. In standing in the corner of a room. Arms up. One foot in front of the other, lean into the corner. Hold



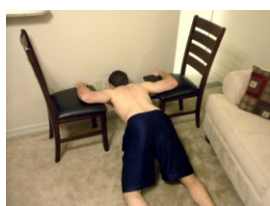
3. Lie down on the floor on your back (or on a soft mat or duvet). Bend your knees up and try to get your lower back flat to the floor. Then lift your arms above your head and Hold.



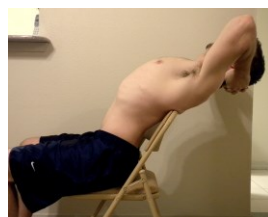
4. Either using a roll, or just with hands on the floor, reach forward and kneel back on heels. Keep head down.



5. Sitting on the floor, reach your hands behind your back and try to push your chest forwards. Bend your knees up if its more comfortable.



6. Rest arms on 2 chairs and allow your chest to drop down.



7. Lean over the back of a chair, keep lower back on back of the chair. Hold



8. Arch back over, hands on heels, but be careful of your neck in this position



9. Using a foam roller long ways, lie with it down your spine and knees bent up. Then allow your arms to relax out to the side.



10. Lie over a foam roller across your back and roll up and down pushing through your feet up and down



11. Asking for someone to gently put their knee in the middle of your back stretching your elbows back, as far as you say is comfortable. Hold



12. Lying back over a gym ball with light weights in hands, allow your back to stretch, keep your lower back neutral.

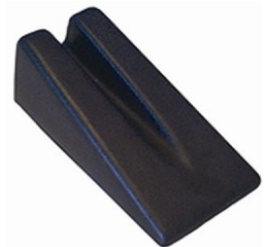
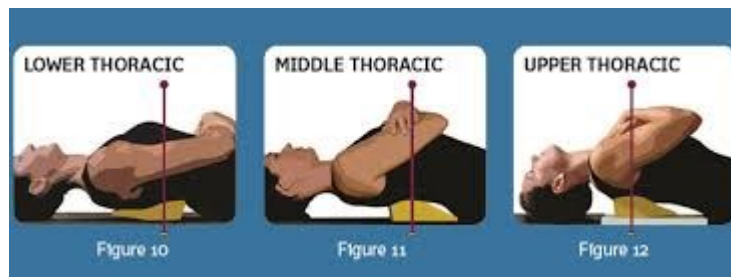
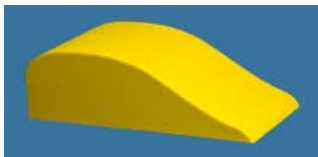


Thoracic Kyphosis Exercises

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13. Find somewhere safe and secure to hang. Facing the wall you can allow your spine to stretch out with some distraction, keeping feet on the floor. Then to progress the stretch turn around with your back to the wall, and place some sponge blocks/swimming floats behind your back and keeping feet on the floor to be safe, take most of the weight through your hands. Allow your middle back to stretch. Hold.



You could buy a thoracic wedge like the ones pictured above. Then use them as in the diagrams to lie over and stretch different regions of your thoracic spine. You must be very careful, if you do it wrong it may well make your symptoms worse. Remember bend your knees up to keep your lower spine flat on the floor. Lifting your arms up above your head will increase the stretch.



If your work puts a lot of strain on the middle of your back, then a brace like the one in the diagram might be useful to use briefly when you need some extra posture support. However, it should not be worn constantly otherwise your postural muscles will weaken. Only when needing a little extra support to prevent aggravating your symptoms.