

MARIN PHYSICAL THERAPY

Thoracic Spine Mobilization

Hold ____ seconds. Repeat ____ times



1. Knees flexed. Shift weight back. Drop chest toward floor. Stick rear out.



2. Drop chest toward floor. Stick rear out.



3. Hips and knees at 90 degrees. Reach forward, rolling upper body forward. Neck, reach back with elbow, rolling upper body back.

