

THORACIC THRIVE

MID BACK PROTOCOL



Exercise 1: Wall Angels

Sets: 1 | Reps: 3 | Time: 30sec | Rest: 30sec | Freq: Daily

Start: Begin standing with shoulder blades flat against wall. Place arms against wall with elbows below shoulder level, bent to 90° with palms facing forward.

Movement : While attempting to maintain forearm contact with wall, slide arms upward, squeezing shoulder blades together. Once forearm can no longer maintain contact with wall, slowly return to start position. Repeat prescribed repetitions and sets.



Exercise 2: Cat/Camel

Sets: 1 | Reps: 3 | Time: 30 sec | Rest: 30 sec | Freq: Daily

Start: Begin on floor on hands and knees. Hips should be above knees and shoulders above hands. Attain a straight spine position.

Movement : Round your back upward, stretching mid-back between the shoulder blades. Relax and let your stomach fall downward as you arch your back. Hold each position 3-5 seconds and repeat for prescribed repetitions and sets.



Exercise 3: Standing Rows with Band

Sets: 1 | Reps: 3 | Time: - | Rest: 30sec | Freq: Daily

Start: Begin standing in good posture with shoulders back. Anchor resistance band around door handle, grasping each end with arms slightly extended.

Movement : Activate core muscles. Pull elbows back just past body with a rowing motion. Simultaneously squeeze the shoulder blades and contract mid-back muscles. Return to start position. Do not round shoulders forward. Repeat for prescribed repetitions and sets.



Exercise 4: Prone Blackburn T

Sets: 1 | Reps: 3 | Time: 30sec | Rest: 30sec | Freq: Daily

Start: Begin lying face down. Arms should be extended to sides at shoulder level with hands at 9 and 3 o'clock position. Make hands into a soft fist with thumbs up. A pillow, or rolled towel, may be placed under forehead for comfort.

Movement : Activate core muscles. Lift hands and arms toward ceiling. Then squeeze shoulder blades together. Neck muscles should remain relaxed. Hold for 5 seconds. Return to start position and repeat for prescribed repetitions and sets.



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Exercise 6: Thoracic Extension on Foam Roll

Sets: 1 | Reps: 3 | Time: 30sec | Rest: 30sec | Freq: Daily

Start: Begin sitting on floor with knees bent and feet flat on floor. Place foam roll perpendicular to spine so that it is across mid back. Place hands beside ears.

Movement : Inhale and then exhale, letting upper body extend over foam roll. Continue to extend until a light stretch is felt. Hold for 20-30 seconds or for prescribed duration. Return to start position and repeat for prescribed repetitions and sets.



Exercise 7: Floor Angels

Sets: 3 | Reps: 10 | Time: - | Rest: 30 sec | Freq: 3x/wk

Start: Begin lying on floor facing up. Bend knees with feet flat on floor. Extend arms to sides below shoulders level, elbows bent to 90° with palms facing up.

Movement : While attempting to maintain forearm contact with floor, slide arms upward, squeezing shoulder blades together. Once forearm can no longer keep contact with the floor, slowly return to start position and repeat prescribed repetitions and sets.



Exercise 8: Mid Back Foam Roll Myofascial Release

Sets: 1 | Reps: 3 | Time: 30sec | Rest: 30sec | Freq: Daily

Start: Begin seated on floor. Lie back placing foam roll across upper back. Cross arms in front placing hands on shoulders.

Movement : Lift hips off floor. Slowly massage upper back, rolling up and down as tolerated, for a duration of 1 to 2 minutes. Maintain consistent pressure with foam roll. If a painful area is found, stop rolling and REST on the area for 10 seconds as tolerated, then continue. Rest and repeat for prescribed repetitions and sets. Alternate sides as directed.



Exercise 5: Bilateral External Rotation with Scapular Retraction

Sets: 3 | Reps: 10 | Time: - | Rest: 30sec | Freq: 3x/wk

Start: Begin standing in good posture. Shoulders should be back and head up. Bend elbows to 90 degrees and keep elbows near sides.

Movement : While maintaining good posture, draw shoulders back squeezing shoulder blades together. A stretch may be felt in chest and front of shoulder. Do not allow shoulders to raise upward. Hold for 5-10 seconds. Repeat for prescribed sets and repetitions.

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Exercise 9: Scapular Retraction

Sets: 1 | Reps: 3 | Time: 30sec | Rest: 30sec | Freq: Daily

Start: Begin standing in good posture. Shoulders should be back and head up.

Movement : While maintaining good posture, draw shoulders back squeezing shoulder blades together. Elbows should straighten slightly. A stretch may be felt in chest and front of shoulder. Do not allow shoulders to raise upward. Hold for 5-10 seconds. Repeat for prescribed repetitions and repetitions.



Exercise 2: Prone Blackburn W

Sets: 3 | Reps: 10 | Time: - | Rest: 30sec | Freq: 3x/wk

Start: Begin lying face down. Place a pillow, or towel, under chin or forehead for support. Palms should be flat on floor with elbows bend to 90 degrees.

Movement : Activate core muscles. Lift arms off floor as shoulder blades are simultaneously squeezed together. Hold for 5 seconds. Slowly return to start position. Then repeat prescribed repetitions and sets.

