

For full video instructions for this exercise please visit: <http://ptpete.co.nz/?p=1084>

Seated Mid Back (thoracic) rotation:

Exercise Purpose:

To gain relief from neck/back pain and stretch your mid back



Key Points:

- Sit with good upright posture
- Slowly rotate your mid back and twist in one direction and grab the back of the chair behind you. As you do this breathe out
- Hold this position for 1 second and then repeat on the opposite side
- Keep your head in line with your chest throughout and keep your shoulders away from your ears throughout
- Repeat once each side

*If this exercise feels good then feel free to hold it for longer at the end of each twist

*This is a great exercise for those with seated jobs. Often it is recommend to perform every 30-60 minutes when sitting

*If you have mid back/neck pain and your pain becomes worse after doing this exercise repetitively then this exercise may not be appropriate for you

*If you have arm pain that is referred from your mid back/neck and your arm pain becomes worse after performing this exercise then this exercise may not be appropriate for you