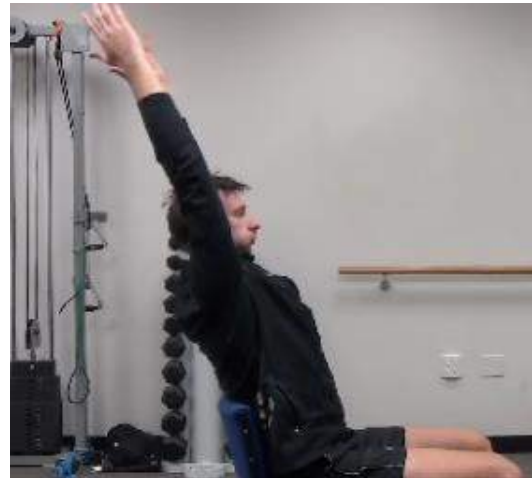


For full video instructions for this exercise please visit: <http://ptpete.co.nz/?p=1093>

### **Seated Mexican Wave (thoracic extension):**

#### **Exercise Purpose:**

To stretch your thoracic spine, chest and shoulders, and gain relief from neck and mid back pain



#### **Key Points:**

- Sit right to the back of your chair with good upright posture
- Slowly raise your arms as high as you can up to the ceiling and push your mid back (thoracic spine) into the edge of the chair behind you
- Then, wedging on the chair, try to take your arms further behind you and hold this for 1 second
- When you are extending backwards breathe out, and then breathe in as you come back to the start

\*If this exercise feels good then feel free to hold it for longer

\*This exercise is a great exercise for those who have seated jobs and often needs to be performed every 30-60 minutes to break up the flexion pressure of 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