

Thorax Daily Check In



Why do it?

Evaluate your readiness to train and prevent injuries.

Thoracic Extension

1



Standing wall Test – Hips, shoulder and head against the wall, with arms overhead.

Do you feel tension in the mid back?

YES



Foam Roller extension mobilizations – Hips elevated off the ground, find stiff area of mid back, extend over roller by dropping the back of your head towards the floor.

5x5 secs



NO

Thoracic Rotation

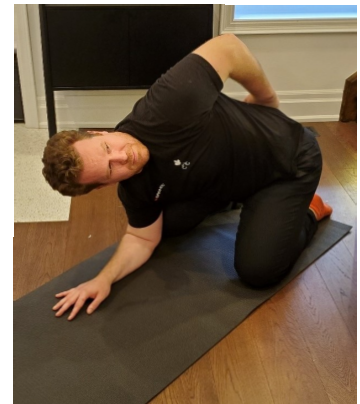
2



Seated Thoracic Rotation – Cross arms, knees together feet on the ground, turn right as far as you can go?

Do you feel any tension?

YES



Quadruped TS rotation – In a kneeling position place your right hand in the small of your back and rotate towards the right.

Do 10-15x reps or until the tension eases

Key points



This program is a quick way to evaluate your muscular tension in an effort to improve mobility prior to training.



You know your body! If you prefer a different stretch or would like to hold for longer then you can individualize your daily check in.



This program is designed to identify tension, if you feel pain, contact your therapist for individualized advice!