

Thoracic Exercises			
Upper T/S Extension principle		Lower T/S Extension principle	Lateral principle
Extension in sitting	Sustained extension in supine	Prone extension	T/S Rotation in sitting
	Extension in supine	T/S Extension in lying (EIL)	T/S Rotation in sitting with OP
		T/S EIL with belt fixation	
		Slouch overcorrect in sitting	
		Extension in standing	
		Posture	
		sitting	
		standing	

The exercises are categorised into each management principle and take into account force progressions (within patient self-management) and relevant force alternatives.

Remember: **KEEP IT SIMPLE**
KEEP IT SAGITTAL

Tip: May need lots of force but get to end range!