

Thoracic Mobility



Presented by the
Doctors of Physical Therapy of

evolv

PHYSICAL THERAPY & PERFORMANCE

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Welcome!

Thanks for joining us as we dive into thoracic (mid back) mobility drills for the functional fitness athlete!

We're excited that you've decided to check out more about how you can improve your mobility and stay healthy, fit and thriving! We're also honored that you've trusted us to come along side you for this journey.

Check out the content in this ebook and let us know what else we can do to help you. And, as always remember to...

Train. Recover. **Evolv.**

What to Expect...

In this ebook, we'll specifically be speaking to mobility as it relates to the mid back and drills to help you improve it.

We'll begin with a couple of opener exercises, then address rotation and extension of the mid back while incorporating some bands for assistance and resistance.

This way, you'll understand where you need to focus your attention as it pertains to YOUR thoracic mobility.

Enjoy!



Reach and Roll

- Lay on your side with knees bent to 90 degrees.
- From there, place your top arm on top of your bottom arm, reach as far as you can, then slide your top arm across your body, trying to get both shoulder blades to touch the ground while keeping your knees together.
- Once you've reached the end position, slowly return your top arm across your body back to the starting position. That's one rep.



- Perform this anywhere from 5-10 reps per side, moving slowly through all of the correct positions.

[CLICK HERE to watch the video](#)



Thoracic Extension w/ Kettlebell

- Find a foam roller or small exercise ball and place it in the middle/upper part of your back.
- Grab a light-ish weight kettlebell and hold onto it right behind your head.
- With the kettlebell behind your head, keep your core tight and let your upper back fold over the foam roller, hold for a second, then sit back up to the starting position.
- If the stretch is too much with a kettlebell, either use a lighter weight, or ditch the weight and just place your hands behind your head.



- Find 2-3 different positions to place the foam roller on your upper/middle back, starting up higher and working your way down, and perform 3-5 reps in each spot.

[CLICK HERE to watch the video](#)



Band-resisted Thoracic Rotation

- Loop a light/medium resistance band in a low position on the rig or sturdy object. Get into a quadruped (hands and knees) position at a 45 degree angle from the band.
- Place the band around your outside shoulder, then sit back towards your heels and rotate against the resistance the band is providing.
- At the top of that rotation, hold for a second and then return back to the starting position. That's one rep.



- 10 reps per side. Increase or decrease the weight of the resistance band if needed in order to feel it working your core and upper back.

[CLICK HERE to watch the video](#)



Banded Thoracic Extension Squats

- Grab a resistance band and place it around a rig or pole about chest height. Get in the band and place it somewhere right around the bottom of your shoulder blades.
- From there, sink down into a squat.
- Arch your back, squeezing your shoulder blades together and extend your thoracic spine, fighting the resistance that the band is providing. Relax back to the starting position.



- Go through flexion and extension of the upper back for 10 reps, holding positions for 2-3 seconds.
- Check out the video below for other variations (i.e. front rack and overhead positions)

[CLICK HERE to watch the video](#)



Want More?

We can help with that.

We love working with clients that want more!

We offer lots of ways to help you achieve more...

- Contact us to schedule an Initial Evaluation session to get out of pain, figure out the root cause of your issue and set up a plan for long term success without frustrating and nagging injuries
 - Evolv Physical Therapy & Performance Clinic - Grafton
Dr. Matt Paluchniak (262) 846-5141 matt@evolv-pt.com
 - BrewCity CrossFit - Milwaukee
Dr. Erik Gregersen (314) 283-4459 erik@evolv-pt.com
- Attend one of our workshops at our Grafton clinic or a gym near you.
- Follow us on social media using the icon links on the bottom of each page for frequent content, updates and more!

And as always, remember to...

Train. Recover. **Evolv.**

