



### THORACIC SPINE

#### Exercise 1:

Lying on your back with your legs bent and your feet in width of your hips, your back spread on the mat and your head stretched (and supported if necessary). Neither press your loins towards the mat nor lift them up during exercises.

Lift your arms with your fingers intertwined and put them behind your head and start rotating them close to the mat. Then rotate the other way round and finally put your arms along your body.

#### Exercise 2:

Lying on your back with your legs bent and your feet in width of your hips, your back spread on the mat and your head stretched (and supported if necessary). Neither press your loins towards the mat nor lift them up during exercises.

Leaning your palms against the mat, breathing in, pull your shoulders up to your ears, breathing out turn your palms to the ceiling and put the shoulders down away from your ears. Repeat several times

#### Exercise 3:

Lying on your back with your legs bent and your feet in width of your hips, your back spread on the mat and your head stretched (and supported if necessary). Neither press your loins towards the mat nor lift them up during exercises.

Bend your arms in elbows, which are next to your body your fingers are in direction of the ceiling, your palms are opposite each other. Recline forearms to the side (your back is fixed on the mat) and continually return them back upwards. Breathe freely and repeat several times.

#### Exercise 4:

Lying on your back with your legs bent and your feet in width of your hips, your back spread on the mat and your head stretched (and supported if necessary). Neither press your loins towards the mat nor lift them up during exercises.

Bend your arms in elbows (they are next to your body), your fingers are in direction of the ceiling, your palms opposite each other. Slightly push your pelvis forward. The loins are pressed against the mat. Lean your elbows and your head against the mat. Straighten the area between your scapulae and thus lift slightly your chest above the mat.

#### Exercise 5:

Lying on your back with your legs bent and your feet in width of your hips, your back spread on the mat and your head stretched (and supported if necessary). Neither press your loins towards the mat nor lift them up during exercises.



Positioning your arms in a two-branched candlestick put the upper part of your hands on the mat (if your shoulders permit it). Put your arms in front of your body and try to join the elbows together and put them simultaneously on the mat. Repeat several times.

### **Exercise 6:**

Lying on your back with your legs bent and your feet in width of your hips, your back spread on the mat and your head stretched (and supported if necessary). Neither press your loins towards the mat nor lift them up during exercises.

Lift your arms to the ceiling and entwine your fingers. Turn your palms to the ceiling, your shoulders away from your ears and your elbows stretched. Breathing out put your arms behind your head without sagging your loins. Breathing in put them back. Repeat several times.

### **Exercise 7:**

Lying on your side with bent knees, your lower arm under your head, your head in the same line as your backbone, lean against your upper palm in front of your body, pull away your shoulder from your ear. Your upper arm may also lie on your side.

Stretch your right arm in front of your body and put it over your head behind your body (your palm turns towards the ceiling, try to bring your shoulder close to the mat) and then back in front of your body. Breathe freely and repeat several times. Then do the same on your other side.

### **Exercise 8:**

Lying on your abdomen, your hands under your front, push your pelvis slightly forward, your shoulders away from your ears, broad scapulae.

Stretch your right arm along the mat, lift it slightly and breathing out pull the elbow to your body (to your pelvis), then palm on your shoulder, breathing in, stretch it again. Repeat several times and then do it with your other arm.

### **Exercise 9:**

Leaning on your knees and forearms, your knees in width of your pelvis, your heels a bit closer to each other, your chin slightly drawn to your neck, stretch your head but do not sag your loins.

Breathing out continuously arch your back pulling away from your forearms keeping your shoulders apart from your ears. Breathing in sag your loins stretching your head. Your shoulders are broad, your head stretched. Repeat several times.

### **Exercise 10:**

Leaning on your knees and forearms, your knees in width of your pelvis, your heels a bit closer to each other, your chin slightly drawn to your neck, stretch your head but do not sag your loins.



Stretch your elbow towards the ceiling keeping your shoulder away from your ear and then put it back. Do the same with the other side. Your legs remain on the mat. Repeat several times.

### **Exercise 11:**

Standing by the wall your feet in width of your hips, your heels cca 10 cm from the wall, slightly bent knees, the whole trunk spread on the wall.

Your arms stretched forward, broad shoulders stretch your arms to the tips of your fingers and then open your arms to the sides (shoulders away from your ears, broad shoulders spread on the wall) and then continuously put your arms forward again. Breathing freely repeat it several times.

### **Exercise 12:**

Standing by the wall your feet in width of your hips, your heels cca 10 cm from the wall, slightly bent knees, the whole trunk spread on the wall.

Lift your arms towards the ceiling keeping shoulders away from your ears. Your back still spread on the wall put your arms back breathing freely. Repeat several times.