

BENT KNEE  
DOWNWARD  
DOG



HEEL SIT BAND-RESISTED CAT/COW



CHILD'S POSE WITH REACH



TIGHT SPINE ?

THESE  
DRILLS  
COULD  
HELP



## THORACIC MOBILITY

*Try this  
routine today!*

SEATED  
DOWEL  
T-SPINE  
ROTATION



SEATED  
LATERAL  
FLEXION



For most of us, our daily practices involve sitting at a desk, looking down at our phones, or slouching on the couch while watching TV. A poor static posture, more often than not, will result in movement dysfunctions and can be the major cause of shoulder, back, hip, and neck pain. Our thoracic spine, the area between the base of your neck and your low back, gets stiff as a result. The problem with stiffness in this area is that it limits thoracic extension and the ability to get our arms up overhead. This can lead to shoulder impingement, neck issues and pain! Regardless of whether it is to improve function, reduce pain or increase physical performance, focusing on thoracic spine mobility is important.

