

Exercise of the Month



Thoracic Rotation

Purpose: Increase mobility through the Thoracic Spine (aka the T-Spine).

Target Muscles: The spinal erectors, rhomboids, middle trapezius, pectorals and latissimus dorsi all play a role in the movement of the T-spine. Typically, the pectorals and lats become short and tight, causing decreased mobility.

Equipment Needed: None.

Start/Movement: Set up this exercise by coming to your hands and knees. Align the knees under the hips; the wrists under shoulders.

- Start on right side by placing your hand behind your head, keeping the other hand down, and knees in place.
- Rotate and tuck elbow under your shoulder.
- Rotate the body open, bringing elbow toward sky, attempting to stack your shoulders.
- Try not to rock in hips, keeping them as aligned as possible.
- Repeat on this side 8-10 times before moving to other side.
- For a happy and healthy spine, try to incorporate this exercise into your daily routine.
- The goal is to reach 35 degrees of rotation on each side.

Modification: For an extra challenge try adding a resistance band and pulling it away from the body

Source: <https://blog.nasm.org/ces/optimizing-thoracic-spine-mobility-with-corrective-exercise/>

