



# Exercise Program to Prevent Thoracic Pain

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# WALL POSTURE DRILL

- Start standing with your back to a wall, one step away from the wall. Next, take a step back to the wall so that your heels touch the wall. Attempt to touch your heels, buttocks, upper back and head to the wall at the same time and hold. Be sure not to tilt your head up... keep your chin slightly tucked. Finally, step away from the wall as you hold this position in your spine. This is proper posture.
- Repeat 10 Times
- Hold 5 Seconds
- Complete 2 Sets
- Perform 1 Times a Day



# CAT AND CAMEL

- While on your hands and knees in a crawl position, raise up your back and arch it towards the ceiling like an angry cat. Next return to a lowered position and arch your back the opposite direction.
- Repeat 10 Times
- Hold 5 Seconds
- Complete 2 Sets
- Perform 1 Times a Day



# SIDE LYING TRUNK ROTATION

- While lying on your side with your arms out-stretched in front of your body, slowly twist your upper body to the side and rotated your spine. Your arms and head should also be rotating along with the spine as shown. Follow your head with your hand.
- Repeat 10 Times
- Hold 3 Seconds
- Complete 2 Sets
- Perform 1 Times a Day



# UPPER TRUNK ROTATIONS - UTR

- While sitting in a chair, cross your arms over your chest and then rotate your upper body side-to-side.
- Repeat 10 Times
- Hold 3 Seconds
- Complete 2 Sets
- Perform 1 Times a Day



# SEATED TRUNK FLEXION

- While in a seated position, cross your arms over your chest and slowly curl your back forward in order to round your upper back.
- Repeat 10 Times
- Hold 5 Seconds
- Complete 2 Sets
- Perform 1 Times a Day



# SEATED LATERAL TRUNK STRETCH

- While in a seated position, raise your arm over head and bend your body to the opposite side for a stretch. Hold, return to starting position and repeat.
- Repeat 10 Times
- Hold 5 Seconds
- Complete 2 Sets
- Perform 1 Times a Day



# SEATED LOW BACK STRETCH - TRUNK FLEXION STRETCH

- While sitting in a chair, begin by slowly bending forward and reaching your hands towards the floor. Bend your trunk and head forward and down. Hold, then return to starting position and repeat.
- Repeat 10 Times
- Hold 5 Seconds
- Complete 2 Sets
- Perform 1 Times a Day





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