THORACIC BACK PAIN

Created by Barnstaple Alliance Primary Care Network Mar 21st, 2025
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COMMENTS

The aim of the below exercise programme is to progress to three sets of 15 repetitions per exercise.

Remember this is a target to work towards. You do not have to do three sets of 15 repetitions at the start of this programme.

It is normal to experience discomfort or pain during rehab exercises. However, you should work within pain tolerance and not push into pain.

If you are working into pain, you need to reduce your repetitions or the number of set you are performing.

If you do exercise into pain, your symptoms are likely to continue.

It is very important to reduce or avoid, where possible, activities that make your symptoms worse. If you're able to do this, you will likely have a quicker recovery.

You can use medication to manage pain as advised by your healthcare professional.

You do not have to use medication to moderate your symptoms. However, if you feel your symptoms are not manageable, then it is something to consider.



SEATED TRUNK - FLEXION - EXTENSION

Start in seated position with your hands on the back of your neck, looking forward,.

Next, bend your torso forward by flexing your back.

Then, straighten your back and extend it by raising your arms up as far as possible.

Return to starting position and repeat.

Video # XVH3GV2EA

Repeat	15 Times
Hold	1 Second
Complete	15 Sets
Perform	1 Times a Day



TRUNK EXTENSION - AROM

While seated in a chair with good posture, place your hands behind the base of your head. Start by raising up your chest, arms and head as one unit. Return to starting position and repeat.

Video # XV46DZDHD

Repeat	15 Times
Hold	1 Second
Complete	3 Sets
Perform	1 Times a Day



TRUNK SIDE BEND - AROM

Start by sitting in a chair with arms held up with elbows bent as shown. Next, bend to the side moving your arms, head and shoulders together as one unit. Bend to one side and then to the other side and repeat.

One full repetition is performing the movement to each side.

NOTE: if you are struggling to hold your arms up as show, keep them by your side and stretch down to the side, reaching to touch the floor. This produces the same movement

Video # XVJETM4M6

Repeat	15 Times
Hold	1 Second
Complete	3 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.

Video # XVWMDXUHW

Repeat	15 Times
Hold	1 Second
Complete	3 Sets
Perform	1 Times a Day



ANGRY CAT STRETCH TO NEUTRAL

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 neutral or flat back position. Repeat.

NOTE: you can perform this exercise on the bed. You do not need to be on the floor to do this exercise.

Video # XV7GWNG9B

Repeat	15 Times
Hold	1 Second
Complete	3 Sets
Perform	1 Times a Day



Open Book with Head Rotation

Begin lying on your back with your face up. Spread your arms out to the side forming a T position. You should feel a stretch on the front of your chest and shoulders.

One full repetition is performing the movement to each side.

NOTE: you can perform this exercise on the bed. You do not need to be on the floor to do this exercise.

Repeat	15 Times
Hold	1 Second
Complete	3 Sets
Perform	1 Times a Day