

Marin Physical Therapy

Cat and Camel



Hold for each position 3 seconds, repeat 10 times.

Marin Physical Therapy

Towel Roll Thoracic Extension (with or without rotation)



Hands are clasped behind neck to create a brace. Try to prevent low back from arching. Hold each direction for 10 – 20 seconds. Repeat each 5 – 10 times.

Marin Physical Therapy

Thoracic Spine Extension



Lean forward at hips and maintain a forward leaning position.
Elevate elbows up toward ceiling in an attempt to extend upper back.
Repeat 5-10 times.

Marin Physical Therapy

Open Book (modified)



Hold 5 seconds
Repeat 10 times.