

Thoracic Mobility - Pick an exercise

Thoracic mobility exercises are crucial for maintaining flexibility and function in the upper back region, specifically the thoracic spine. Here's how you can perform thoracic mobility exercises and why they're important:

Why Thoracic Mobility Is Important:

Improved Posture: Poor thoracic mobility can contribute to rounded shoulders and a hunched back. By improving mobility in this area, you can maintain better posture, reducing the risk of neck and shoulder pain.

Enhanced Breathing: A mobile thoracic spine allows for better expansion of the rib cage during breathing. This can improve lung function and oxygen uptake.

Prevention of Injury: Limited thoracic mobility can lead to compensations in other areas of the body, increasing the risk of injury in the neck, shoulders, and lower back. By maintaining mobility, you distribute movement more evenly throughout the spine, reducing strain on any one area.

Improved Athletic Performance: Many athletic activities, including weightlifting, running, and swimming, require thoracic mobility for optimal performance. A flexible upper back allows for better range of motion in movements like overhead presses, swimming strokes, and rotation in golf or tennis.

Incorporating thoracic mobility exercises into your regular routine can help you maintain a healthy, functional spine and improve your overall physical performance and well-being.

How to do Thoracic Mobility Exercises:

Quadruped Thoracic Rotations: Get on all fours with your hands under your shoulders and your knees under your hips. Reach one arm up toward the ceiling, following your hand with your eyes as you rotate your torso. Bring the arm back down and repeat on the other side. [See video](#)

Cat-Cow Stretch: Start on all fours, then arch your back upward (cat position) while tucking your chin to your chest. Then, drop your belly down, lifting your head and tailbone upward (cow position). Repeat this movement, focusing on mobilizing the thoracic spine.

[See video](#)

Thread the Needle Stretch: Begin on all fours. Reach one arm under your body, threading it between your supporting arm and knee. Rotate your torso toward the side of the reaching arm. Hold for a few breaths, then switch sides. [See Video](#)

