

Extend & Lengthen-Thoracic Mobility Focus



Exercise	Instruction	Teaching Points	Notes
Breathing with flexion & extension	Seated, knees bent, hands holding behind thighs. Exhale to flex the spine Inhale to pull on hands and extend through spine	Focus on thoracic extension Use arms to increase spinal movement	
Chest Opener	Lift arms out to sides. Exhale to flex spine and arms front Inhale to extend thoracic spine taking arms back. Exhale to lift arms up to ceiling Inhale to return arms out	Easy shoulders Maintain lengthen in neck	
Lateral flexion	Inhale lift arm up Exhale to side bend Inhale into side of ribcage Exhale to return	Keep weight through sit bones Strong arm Allow head to follow line of spine	
Lateral flexion with thread needle	Laterally flex as above then rotate arm down and through Inhale to take arm out and up extending thoracic spine	Keep neck lengthened Focus on ribcage movement	
Swan Dive with elbow press	Lying prone, arms in W position Inhale to extend through thoracic. Exhale to press into elbows and increase thoracic extension Inhale to hold Exhale to lower	Focus on articulate Be aware of head position Keep movement in mid back not low back	

Deep spinal rotation	Side lying with knees and hips at 90*, arms extended Inhale to rotate, taking arm over Exhale to return Inhale to take arm over and upwards Exhale to return	Keep knees and ankles together and on floor Focus on thoracic rotation Allow eyes to follow spinal movement	
Shoulder Bridge	Lying supine, feet sit bones apart and under heels. Exhale to articulate spine into bridge Inhale to press into arms and lift breastbone higher Exhale to return to mat	Focus on thoracic extension, do not allow lumbar to compress Pressing into arms will also reduce pressure on cervical spine	P: add in leg kicks holding extension
Criss Cross	With hands behind head, as exhale draw knees in and flex spine forwards. Exhale and extend one leg rotating towards opposite knee	Focus on creating length through the vertebrae rather than crunching forwards Keep extended leg at a height that abdominal connection can be maintained	M: keep one foot down and focus on flexion & rotation P: hold on rotation for one breath
Side Bend into extension	Side lying on elbow. Knees and hips bent at about 90' Exhale to laterally flex x4 Exhale to side bend and place gesturing hand onto floor. Inhale to extend spine in this rotated position x4	Keep hips facing forwards Maintain ribcage to pelvis connection Emphasise lifting breastbone in extension In flexion focus on pressing back into waist	M: Have hand resting on block when extending P: Hold extension and raise arm to ceiling
4th position lift	Hold position and take top leg behind, keeping bend at knee. Lift and lower	Keep strong ribcage to pelvis connection. Make sure leg is taken back through hip extension, not spinal	M: Keep angle at hip P: Extend leg
Swan Dive with elbow press	Lying Prone, arms in W position, legs extended behind and together. Inhale to extend up to elbows. Inhale further to press into elbows and increase thoracic movement. Exhale to lower	Do not allow elbows to lift. Keep lengthening legs away Focus movement in thoracic spine	M: Use prop under pelvis P: Drop through ribs before lowering

Leg Pull Supine	Seated with hands behind, fingertips facing forwards. Legs extended, heels grounded. Exhale to hinge up into position, inhale to lower	Keep eye line forwards Hinge at hip, no flexion Ground into heels and hands	M: Bend knees P: Leg lifts
Spine Stretch with hinge	Seated, legs extended and heels in line with outside of mat, arms extended forwards. Exhale to flex through spine Inhale to lengthen out to neutral Exhale to flex and return Inhale to lift into extension	Focus on thoracic movement Keep strong ribcage to pelvis connection keep lengthen through out the spine	M: Bend knees P: Take hold of feet to pull into further extension
Side bend	Same as above		
4th position	Same as above		
Spine Twist with extension	Seated, legs extended and heels in line with outside of mat, arms extended out to sides. Inhale to rotate and extend the spine. Exhale to return	Focus on ribcage spinning on top of pelvis. Lift through the breastbone	M: Bend knees P: Add pulses
Diamond press with single leg kicks	Lying prone, legs extended and together, arms in diamond shape. Inhale to lift into thoracic extension, exhale to lower and perform 3 heel kicks.	Maintain pelvic control Keep pressure into forearms Lengthen spine through the neck	M: Break move into upper & lower body P: Full position
Swimming arms only	Lying prone, extend arms front, thumbs to ceiling. With head in line with arm lift alternate arms	Focus on length in neck Keep looking down	M: Bend elbow slightly P: Add in legs
Thread needle with external rotation	On all fours, thread hand under and through and then unwind taking arm to ceiling and beyond	Focus on the movement through the ribcage	

Double leg kick	Lying prone, head resting on right cheek, legs extended, hands one on top other other in low back. Exhale to kick heels back x2, inhale to extend legs and spine and lengthen arms back. Return to resting on left cheek	Maintain pelvic control and abdominal connection Focus on lengthening spine	M: Break move into upper & lower body P: Lift hands higher up back
Rest position with rotation	Sit back onto heels, resting one hand on top of other. Slowly rotate ribcage to one side. Repeat other		