



Thoracic and Lumbar Stretches

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UPPER TRUNK ROTATIONS - UTR

Cross your arms over your chest, then twist your trunk to the side.

Repeat 1 Time
Complete 2 Sets

Hold 30 Seconds
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 1 Time
Complete 2 Sets

Hold 30 Seconds
Perform 1 Times a Day



SEATED LOW BACK STRETCH

While sitting in a chair, slowly bend forward and reach your hands for the floor. Bend your trunk and head forward and down.

Repeat 1 Time
Complete 1 Set

Hold 1 Minute
Perform 1 Times a Day

SEATED LATERAL TRUNK STRETCH

While in a seated position, raise up your arm and bend to the opposite side for a stretch.

Repeat 1 Time
Complete 2 Sets

Hold 30 Seconds
Perform 1 Times a Day



LOWER TRUNK ROTATIONS - LTR - WIG WAGS

Lying on your back with your knees bent, gently rotate your spine as you move your knees to the side and then reverse directions and move your knees to the other side. Repeat as you move through a comfortable range of motion.

Repeat 1 Time
Complete 2 Sets

Hold 30 Seconds
Perform 1 Times a Day



SINGLE KNEE TO CHEST STRETCH - SKTC

While Lying on your back, hold your knee and gently pull it up towards your chest.

Repeat 1 Time
Complete 2 Sets

Hold 30 Seconds
Perform 1 Times a Day



DOUBLE KNEE TO CHEST STRETCH - DKTC

While Lying on your back, hold your knees and gently pull them up towards your chest.



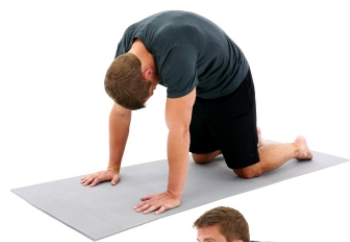
Repeat 1 Time
Complete 2 Sets

Hold 30 Seconds
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 4 Times
Complete 1 Set

Hold 15 Seconds
Perform 1 Times a Day

CHILD POSE - PRAYER STRETCH (LATS)

While in a crawl position, slowly lower your buttocks towards your feet until a stretch is felt along your back and or buttocks.



Repeat 2 Times
Complete 1 Set

Hold 1 Minute
Perform 1 Times a Day



CHILD POSE - PRAYER STRETCH (DEEPER LAT) - LATERAL

While on your hand and knees in a crawl position, slowly lower your buttocks towards your feet. Also, lower your chest towards the floor as you reach out towards the side.

Repeat 1 Time
Complete 2 Sets

Hold 45 Seconds
Perform 1 Times a Day



QUADRUPED LATERAL TRUNK STRETCH

While on your hands and knees in a crawl position, side bend your trunk and head to one side until a stretch is felt.

Repeat 1 Time
Complete 2 Sets

Hold 45 Seconds
Perform 1 Times a Day



PRONE ON ELBOWS - POE

Lying face down, slowly press up and prop yourself up on your elbows. Hold, lower back down and repeat.

Repeat 2 Times
Complete 1 Set

Hold 30 Seconds
Perform 1 Times a Day



PRESS UPS

Lying face down, slowly press up and arch your back using your arms.

Repeat 2 Times
Complete 1 Set

Hold 30 Seconds
Perform 1 Times a Day



EXERCISE BALL - PRAYER STRETCH (LATS)

While kneeling with an exercise ball in front of you, slowly lean forward and roll the ball forward until a stretch is felt.

Repeat 1 Time
Complete 2 Sets

Hold 45 Seconds
Perform 1 Times a Day



EXERCISE BALL - LATERAL PRAYER STRETCH (DEEPER LATS)

Start by kneeling on the floor with an exercise ball in front of you.

With your hands on the ball, roll the ball forward so that your trunk leans forward and to the side until a gentle stretch is felt along the side of your body.

Repeat 1 Time
Complete 2 Sets

Hold 30 Seconds
Perform 1 Times a Day

