

THORACIC BACK PAIN GUIDELINES

The guidelines and exercises described below are some of the more basic and effective strategies utilised to restore normal back function – your physiotherapist will discuss with you any specific adaptations, progressions and precautions that have been tailored to your individual presentation. Any acute injury should be assessed by your physiotherapist prior to starting a rehabilitation program.

1) Rhomboid stretch

- Clasp your hands together with your arms in front of your body
- Push your hands away from your body and pull your body away from your hands, you can hold onto a pole for a stronger stretch
- You should feel a stretch between your shoulder blades
- DO NOT push into pain, just a discomforting stretch



2) Towel stretch

- Roll up a towel and place it length ways down your back, start at bra-strap level and going upwards
- Lie on the towel for 10min or until the stretch sensation goes away
- You can bend your knees up and use a pillow for your head
- You can bring your arms out to the side to make a T shape to create a greater stretch if desired, bring arms back in if pain starts

3) Rib mobilisations with towel

- Place a towel directly under your armpits and cross the ends of the towel in front of you
- Pull firmly on each end of the towel
- Take a deep breath, hold for 3-4sec and then exhale pulling the towel tighter
- Vary the position of the towel to change target ribs

4) Thread the needle

- Lying on your side, propped up on your elbow with knees at 90deg to your hips
- Bring your arm from above your body around and through the gap between your body and the bed
- Hold for 2-3sec then come back out and start again
- You should be feeling the stretch across your back

