



West Berkshire Physiotherapy Service Leaflet 4 Thoracic Spine Pain

Over time the maintenance of a **POOR POSTURE** can lead to spinal pain, particularly between the shoulder blades. You can help to overcome this pain by improving your posture and by performing these exercises.

Standing Posture

Stand tall. Don't slouch! Push breast-bone up towards the ceiling. Stand with feet slightly apart and weight evenly distributed over both feet. Change position regularly, move around every 20-30 minutes.

Sitting Posture

Sit well back in a supportive chair with thighs parallel to the floor. A small pillow or roll in the small of the back will provide extra support to your lower back. Keep shoulder blades pulled gently down and back and chin tucked in. Don't slouch!

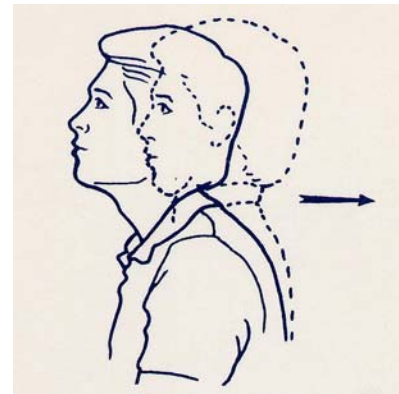
It is hard at first to change habits but if you really persevere, good posture will soon become automatic. The stress on your back will be less and you will start to feel better!

Exercises

The following exercises will help. **START GENTLY** with the exercises and as you feel able, increase the range and number of repetitions. Start with 2 or 3 times a day, 5 repetitions.

1. Sitting with back supported, tuck chin to chest as if making a 'double chin'.
Hold for the count of 3 seconds

Hold for the count of 5 seconds
Repeat 5 times



2. Link fingers behind back and squeeze shoulder blades together. Keeping upright, slowly raise and straighten arms.

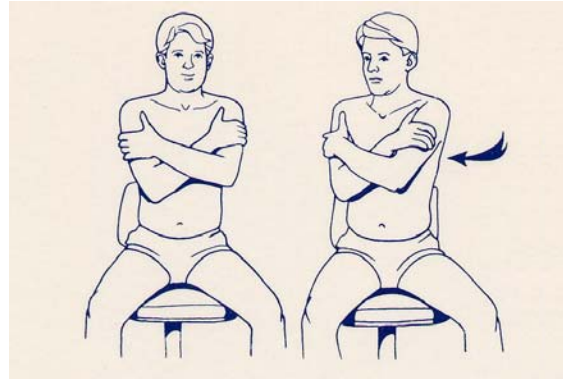
Hold for the count of 5 seconds
Repeat 5 times



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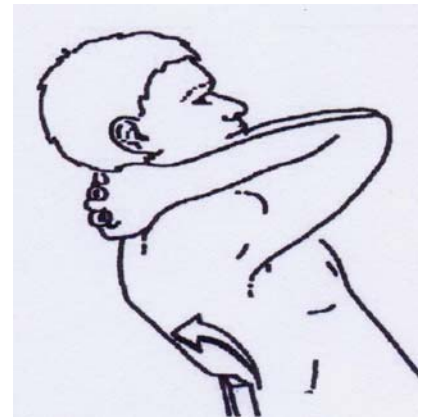
3. Sitting in a chair with your arms across your chest, turn your trunk to the right and hold for 5 seconds. Then turn to the left.

Repeat 5 times each side



4. Sitting in a low-backed chair with arms clasped behind head, gently arch back until a stretch is felt. Hold for 5 seconds.

Repeat 5 times



5. Sitting sideways on a chair with a rolled up towel tucked under your inside arm, gently bend to side and hold for 5 seconds.

Repeat 5 times



Perform all exercises 5 times each, twice a day. Slowly increase the hold time to 15 seconds if possible.



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