

Tennessee Back Pain Center

3242 Memorial Blvd. Ste C Murfreesboro, TN 37129

Phone: (615)-900-5187

Fax: (833)-624-3035

Email: Tennesseebackpaincenter@gmail.com



Thoracic Extensions – Exercise Instructions

- This exercise is performed kneeling
- Kneel in front of something that is about coffee table height.
 - Such as a chair, bench, etc.
- Have your knees hip-width apart.
- Interlock your fingers behind your head, while resting your elbows on the edge of the table
- Lean your upper back down towards the ground.
 - Hold for 1-2 seconds.
- Return to the starting position.
- Repeat 10 times
- Perform this exercise 3x per day OR as prescribed by your doctor.
- Note:
 - This exercise is more of a stretch than a strengthening exercise
 - If you experience pain during this exercise, please stop and consult your doctor.
 - As always, abide by a pain rule of 4/10. Anything below a 4/10 is okay to push through. Anything above a 4/10, please stop and consult your doctor. We understand this rule is subjective but do your best to judge your pain.

