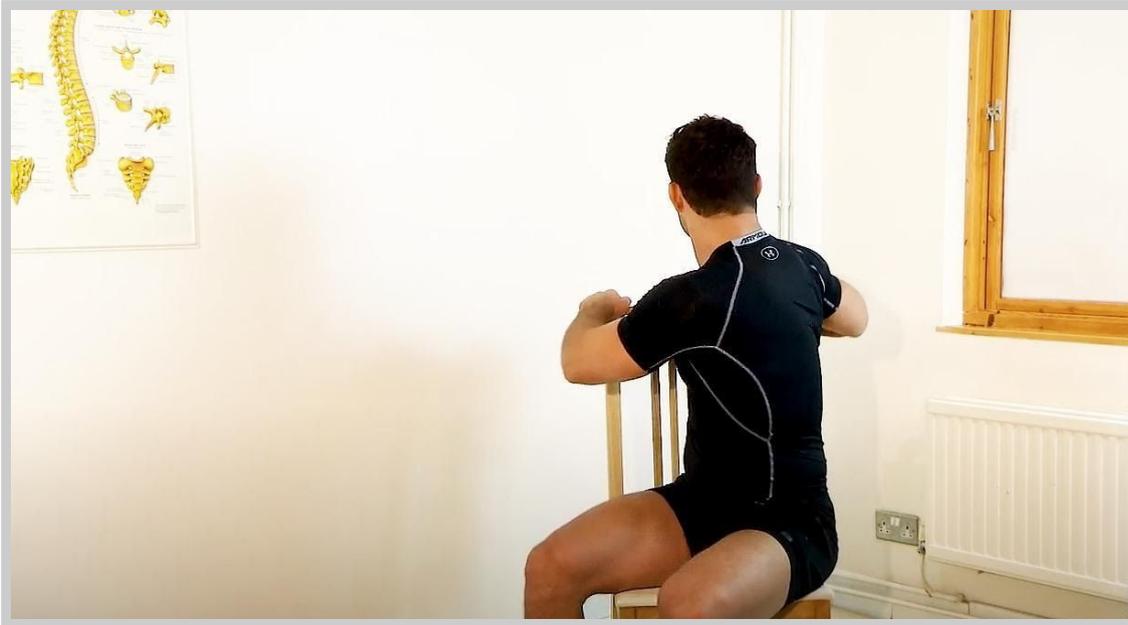


STRETCHES FOR THE UPPER BACK

THOR58



AREAS AFFECTED

Thoracic spine
Ribcage

ADVICE

Sit on a steady chair. Grab the back of the chair with one or both hands. Whilst gripping the chair, twist your torso in the same direction and take a deep breath. Repeat the other side.