
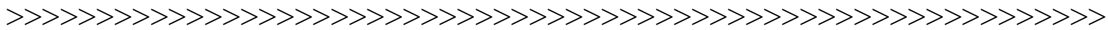
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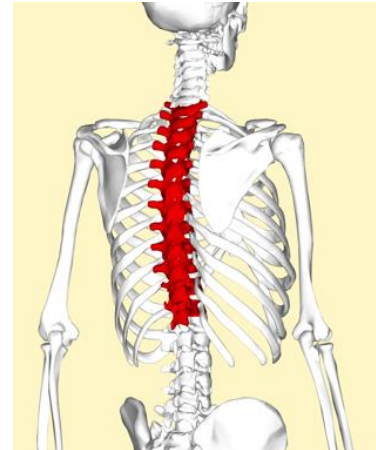


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Thoracic Pain – Mid Back

Your thoracic spine ranges from the area between your shoulder blades to your mid/lower back. It is prone to stiffness due to the structures around it – ribcage. It can be that prolonged static positions, trauma, aging and posture can affect this area causing pain and stiffness.



Pacing Physical Activity:



It is important to pace out your physical activities and ensure it feels ok later that evening/next day. If you have a sedentary lifestyle we recommend trying to regularly move around to ease the stiffness through your back.

Pain management methods:

Speak to your GP/pharmacist about some pain medication if needed
Heat/Cold packs 10-15 minutes daily and/or after exercise.

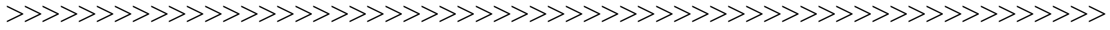
Exercises:

If your symptoms increase/worsen then we suggest you seek advice from the physiotherapist and stop exercises if unable to manage.

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Thoracic Rotations:



Gently rotate your upper back side to side as far as you feel comfortable. 10x each side.

Wall Press Ups:

Keep your elbows below shoulder height

Press your body weight away from the wall

Squeeze your shoulder blades together as you lower yourself to the wall

