

**Spinal Biomechanical
Therapeutic Maneuvers®**
Thoracic Spine 1



**Front View of
Upper Back Right
Lateral Bending**



**Back View of
Upper Back Left
Lateral Bending**

1. Stand straight
2. Slowly tip your upper back to right side keeping head 90 degrees to shoulders
3. Maintain right arm next to right side
4. Hold position for count of 12
5. Release to back to center
6. Repeat three times per side

**Spinal Biomechanical
Therapeutic Maneuvers®**
Thoracic Spine 2



**Front View
Lateral Tip Right
Shoulder, Arm
Extended Forward**



**Oblique View
Lateral Tip, High
Shoulder, Arm
Extended Forward**

1. Stand straight
2. Maintain left arm next to left side
3. Extend right arm straight forward
4. Maintain left shoulder position in space
5. Stretch forward as far as possible
6. Hold position for count of 12
7. Repeat to opposite side
8. Repeat three times per side

**Spinal Biomechanical
Therapeutic Maneuvers®**
Thoracic Spine 3



**Front View
Elbow 90°
Pull Scapula
Together**



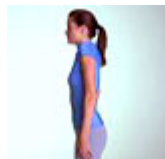
**Back View
Approximation of
Scapula with Spine**

1. Stand straight
2. Move hands above head
3. Keep upper arms parallel to floor
4. Extend fingers upward
5. Pull shoulders and wing bones (scapula) slowly backward
6. Hold position for count of 12
7. Repeat three times

**Spinal Biomechanical
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Thoracic Spine 4



**Shoulders
Elevated Hands
Down Head
Straight**



**Side View
Shoulders Up**

1. Stand straight
2. Maintain arm position to side
3. Raise shoulders upward
4. Hold position for count of 12
5. Relax
6. Lower shoulders downward
7. Hold position for count of 12
8. Relax
9. Repeat three times