



Therapeutic  
Exercise  
Protocol:  
Thoracic  
Spine

2014

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Quartell  
Chiropractic

## Welcome to Functional Movement Therapy!

Our purpose in putting this together for you is to focus on restoring and maintaining your strength, endurance, flexibility, stability and balance. Each week we will build upon the skills you have achieved in order to help you reach your optimum wellness! Videos are provided to give you detailed instructions on how to properly execute each movement.

Each region we want you to focus on has been divided up into a series of 2 steps. These steps will increase in difficulty as you strengthen and improve. Select the poster displaying which region you will be working on, and start with Step 1!

**Step 1:** Our first goal is to stretch out/roll out the region we are targeting. The purpose of this is to loosen up muscle groups where we are looking to increase flexibility and strengthen. For this step you will either be utilizing a tennis ball, foam roller, or intracell stick depending on what the picture indicates. When you roll the indicated area over the foam roller, you should apply moderate pressure using your bodyweight. You should roll slowly and when you find areas that are tight or painful, pause and focus more on these areas. Roll each area indicated for 15-20 rolls. Roll each muscle group on both sides of the body. For example, if you are targeting the front of the leg on your left side, after 15-20 rolls, target the front of the leg on your right side as well. You may be sore the next day. It should feel as if your muscles have been worked/released. However, you should not push yourself to the point of excessive soreness. Drink plenty of water afterwards.

**Step 2:** Our second goal is to improve upon mobility and strength in the region we are targeting. Each exercise should be performed back to back for 10-30 reps on both sides of the body a total of three times. Follow the pictures on the posters, and use the packet provided to you if you have any questions as you go along.

You should be able to finish your work with functional movement therapy in less than 10 minutes! So set the timer on your phone for 9 minutes and track how you're doing!

## HOW TO SCHEDULE

In conjunction with your chiropractic adjustments, we will set up an extra 15 minutes in the office for you to perform all of your exercises for that particular day.

### Office Hours:

Monday- Friday: 9:00 am – 6:30 pm      Saturday: 9:00 am- 12:00 pm  
(Closed last Saturday of the month)

	MON	TUE	WED	THU	FRI	SAT
Dr. David	9-6:30	9-2P	9-6:30	9-6:30	9-2P	OFF
Dr. Paige	9-6:30	10-6:30	OFF	9-6:30	9-6:30	9-12

## Thoracic Spine: Step 1-Roll It Out

Perform Each Position for 15 -20 rolls.

### QUARTELL CHIROPRACTIC

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### **Peanut-Upper Back:**

Lie on your back with your knees bent and the foam roller under your upper back. Raise your hips off the ground and roll from your upper to mid back, pausing when needed.



### **Foam Roller-Lats:**

Lie on your side with the foam roller under your armpit. Move forward and back to roll out the lats. If you've been doing your push-ups lately, this one may hurt!



### **Tennis Ball Rear Shoulder:**

Position yourself with the tennis ball behind your shoulder against the wall. Use your legs to move the ball against sensitive areas. Repeat on both sides.

# Thoracic Spine: Step 2-Stretch It Out Mobility/Strength

Perform Each Exercise Back to Back for 10-30 Reps.  
Repeat Three Times.

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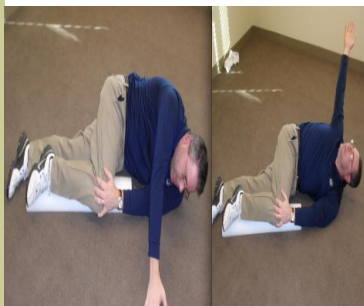
### Lat Stretch-Prayer Pose

Sit with knees bent and bring your hips down to your heels. Let your feet come apart a little and keep the feet flat to the floor. Place your palms facedown above your head and let your hips sink into the ground, while stretching up with the hands.



### Pec Stretch Doorway:

Stand in a doorway with the inside of each bent arm on the surface of the wall. Position the bent elbow at shoulder height. Stand with legs scissored and bend forward knee keeping back heel on the ground and lean forward until the upper chest feels a stretch.



### Supine External Rotation:

Lie on your back with your knees bent and arm bent as it appears in the image. Keeping the arm on the floor “crank” the arm backwards until the back of the wrist is against the floor.



### Quadruped:

Position with the hands under the shoulders and knees under the hips. Align head and neck with back. Raise right arm off floor and reach ahead, hold and repeat with left. Raise left leg with trunk muscles tight for balance, lower and repeat with right.

# Thoracic Spine: Step 3-Work It Out Mobility/Strength

Perform Each Exercise Back to Back for 10-30 Reps.  
Repeat Three Times.

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### **Side Lying External Rotation:**

Lie on your side and grasp the dumbbell and position elbow against side and forearm across the belly. Lift the dumbbell by rotating the shoulder. Return and repeat. Flip over and continue with opposite arm.



### **Supine Protract/Retract:**

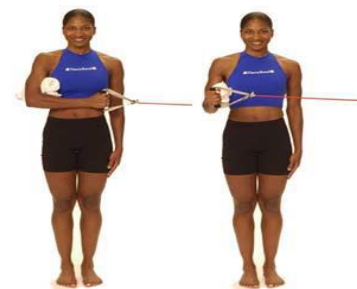
Lie on your back with your knees bent and arms out in front of you with palms together pointed towards the ceiling. Move shoulders forward and inward like you're trying to pinch them together in front of the chest and hold. Then move them backwards and inward like you are trying to squeeze an object between.



### **One Arm Rotary Band Row:**

Keeping the elbow close in towards the body pull the band backwards until you feel resistance.

One arm row



### **Standing External Rotation:**

Keep your elbow pressed firmly to your side and flex elbow to 90 degrees with hand reaching across the front of your torso. Rotate the arm in a backhand motion, keeping the elbow in place as far as you are able. Pause. Return to start.

## Thoracic Spine: Step 3-Work It Out Mobility/Strength

Perform Each Exercise Back to Back for 10-30 Reps.  
Repeat Three Times.

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### Quadruped Rotation:

Set-up in the quadruped position with the hands under the shoulders and knees under the hips. Place one hand behind the head. Lift elbow & rotate the spine as high as you can, look at the elbow as you get into the highest position. Lower and repeat.



### Standing Wall Slide:

Stand with knees bent & the lower back against the wall, bend elbows to 90 degrees and raise them out to the sides so palms are at shoulder height. Raise the arms up along the wall as high as you can while keeping the lower back flat against the wall. Then return.