



CAN YOU BEND THE RULES?

Joints need movement to help with nutrition of the joint surfaces. During our daily lives we spend a lot of time bent forward, for example, working on the computer and driving, and not enough time extending our backs or moving the joints of our thoracic spine in any other direction. Cycling further exacerbates the problem by sustaining this position for prolonged periods of time.

The joints tend to become stiff and your thorax cannot expand as it should, leading to less effective breathing, possible muscle spasm and joint pain. It also affects your neck position, potentially leading to neck pain and headaches. The aim of the exercises is to mobilise the joint in the thorax and increase range of motion.

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Ball stretches	Lie on your back on a big ball, with your head properly supported.	Open your arms to the following positions: 1. 90 degrees bent at the elbow 2. High V with bent elbows 3. Arms above head Hold each position for 30 counts or more	3x30s
Roller stretch	Lie on your back over the roller	Hold position for 30 counts with arms in different positions 1. Roller in line with your spine 2. Roller perpendicular with your spine	3x30s
Thoracic mobility	Sit on a chair, arms crossed and lifted to horizontal.	Rotate your upper body from side to side	10x2 (vir elkeen)
	Sit on a chair with your hands on your shoulders.	Rotate your body so that you touch your knee with your opposite elbow and then to the other side.	
Cat stretches	Position yourself on your hands and knees with your shoulders above your hands and knees under hips.	1. Round your back, drop your head, hold for 2 counts. Inhale 2. Hollow your back, lift your head as high as you can, hold 2 counts. Exhale	10x
Extension	Stand on your hands and knees with your shoulders above your hands and knees under hips.	Lift opposite arm and leg to the front and the back. Switch sides.	10x
Peanut Roll	Tape 2 tennis balls together to form a peanut shape. Lie on the peanut on your back, with the balls parallel to your spine.	Roll it up and down your spine 1. Arms along your side. 2. Move your arms to 90 degrees to your body, elbows bent.	

The exercises can be done in 2 ways:

- The positions can be held, stretching the tissues.
- Moving in and out of the position, mobilising the joint.

The exercises may be uncomfortable, but not painful. Start slowly and build up to longer sessions.

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