

The following are rehabilitation exercises to help you recover faster and prevent re-injury. Please contact your Health Professional if you have any questions

Costovertebral Joint Sprain



- The costovertebral (CV) joint is the joint between the ribs and the spinal bones.
- Sprain of the CV joint can occur suddenly, often from a twisting movement or from excessive coughing, sneezing or lifting.
- Sharp pain may be felt through the mid to upper back region, sometimes spreading along the line of the ribs towards the chest.
- Management may include mobilization of the joints, massage, stretching, strengthening exercises and taping.

Thoracic Rotation



- Hands on opposite shoulders
- Inhale and rotate as far as possible
- Pause and exhale to return to start position
- Keep head in line with spine, do not over rotate neck
- Repeat to the other side

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Cat - Camel



8

Reps

- This is a mobility exercise, do not stretch into pain
- Start in kneeling on hands and knees
- Curl your spine up to arch the back
- Then rotate your pelvis forward and drop your lower back down to arch in the other direction
- Perform this motion 5-8 times
- Mobilise in the pain free range

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Foam Roller Thoracic Stretch



0:30

Hold

- Place Foam Roller transversely behind mid back at area to be stretched
- With hands on opposite shoulders extend back over Foam Roller keeping buttocks on floor
- Discontinue if exacerbates pain

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Threading a Needle with Thoracic Rotation



- **Phase 1**
- Begin on all fours in a cat position with a flat spine
- Thighs and arms should be placed under the hips and shoulders so they remain vertical
- Inhale to prepare and then exhale lifting one arm towards the ceiling as you press the opposite hand into the mat
- Focus on the rotation of the spine so the arm should only reach the vertical position
- Pause at the top for a few seconds and return the arm in a controlled manner to the floor
- **Phase 2**
- Reach arm under across body to bring the shoulder closer to the floor
- Keep back straight and alternate with the upward rotation

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Good Sitting Posture



- Sit well back into the chair
- Tilt seat forward slightly to rotate top of pelvis so spine is in neutral
- Adjust chair height so hip is slightly higher than knee
- Ensure feet flat on floor, shoulder width apart
- Sit in balanced upright posture with head over the shoulders
- Move chair in close to desk to avoid stretching upper body forwards

Lumbar Rotation Stretch



0:30

Hold

- Lying with 1 knee and hip bent to 90 degrees and the other leg straight
- Keep arms out at sides to stop upper trunk rotating
- Slowly lower leg across body to the floor
- Stop at the point you feel your shoulders beginning to lift if that comes before your knee reaches the floor.

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Resisted Band Row



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- Stand in a split stance with the band fixed to a structure at elbow height
- Ensure tension is on the band from the start of the exercise
- Pull shoulder down and back and pull arm into side level with body
- The elbow should be at 90 degrees when the arm is at side
- Pause and slowly return to start position

Thoracic Rotation Self SNAG



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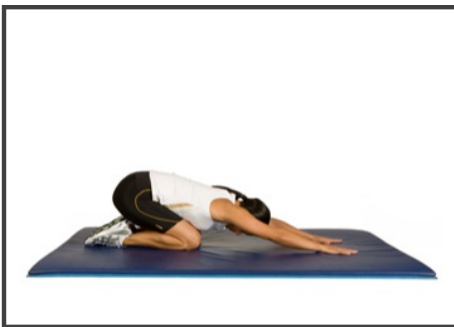
- Place a strap or edge of towel around the level that is painful
- Pull up and forward on the towel
- Rotate in the direction of restriction or pain keeping the tension on the towel/band pulling up and around throughout the movement
- The movement should be pain free. If not, you will need to adjust the level or angle of the towel
- **Repeat 10**, then reassess movement. An improvement in range or symptoms indicates a further 2-3 sets may be beneficial
- Stop if this exacerbates your symptom

Thoracic Extension Self SNAG



- Place a strap or edge of towel around the level that is painful
- Pull up and forward on the towel
- Extend backwards keeping the tension on the towel
- The movement should be pain free. If not, you will need to adjust the level or angle of the towel
- **Repeat 10**, then reassess movement. An improvement in range or symptoms indicates a further 2-3 sets may be beneficial
- Stop if this exacerbates your symptom

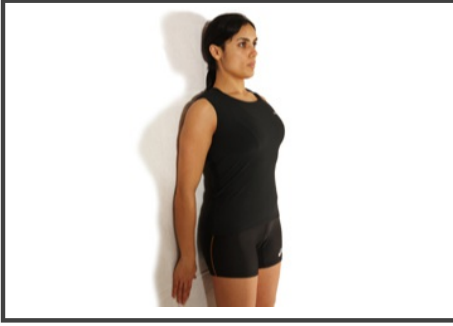
Lower Back Stretch - 'Childs Pose'



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- Start in kneeling, hands on floor out in front
- Slowly sit back on to heels and drop chest to floor

Low Row-Scapular Setting



- Stand with back flat on wall, feet out slightly
- Set shoulders back and down so scapula sit flat on wall
- Push back into wall with hands

The exercises and advice in this rehabilitation program have been prescribed specifically to you by your healthcare provider/therapist. Any questions about this program should be directed to that provider. MyPhysioRehab does not accept any liability for damage or injury suffered whilst performing these exercises. Please seek advice and guidance from your provider if you experience any discomfort during this exercise routine.