

Physical Therapy Exercises for Thoracic Compression Fracture PDF

See our **full HEP Library** with **8,000+ video-based exercises**

Hooklying Rib Cage Breathing



Setup: Begin lying on your back with your hands on your ribcage, fingers pointing inward, your knees bent, and your feet resting flat on the floor.

Movement: Slowly inhale, expanding your ribcage so that your fingers slide apart. Exhale, allowing your ribcage to narrow and your fingers to slide closer together.

Tip: Make sure to keep your breaths even during the exercise. There should be little to no movement in your belly and upper chest.

Seated Shoulder Shrug Circles AROM Backward

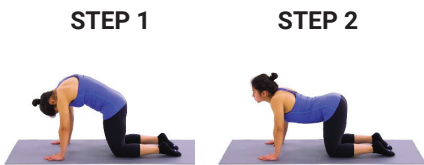


Setup: Begin sitting upright in a chair.

Movement: Slowly move your shoulder up, backward, down, and forward. Continue the movements in a smooth, circular pattern.

Tip: Make sure to keep your neck relaxed and head still.

Cat Cow



Setup: Begin on all fours with your arms directly under your shoulders and knees bent 90 degrees.

Movement: Slowly round your back up toward the ceiling, then let it sag down to the floor while looking up, and repeat.

Tip: Make sure to use your entire back for the motion and keep your movements slow and controlled.

Sidelying Open Book Thoracic Lumbar Rotation and Extension

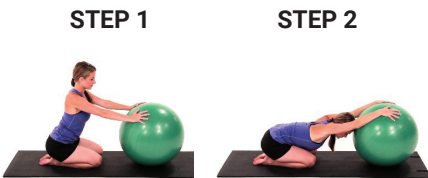


Setup: Begin lying on your side with your bottom leg straight, your top leg bent at a 90-degree angle, and your arms straight on the ground together.

Movement: Slowly move your top arm away from your other arm, toward the floor on the other side, rotating your trunk at the same time.

Tip: Make sure to keep your top leg on the floor and only go as far as you can without arching your back.

Kneeling Thoracic Extension Stretch with Swiss Ball



Setup: Begin kneeling on the floor with your hands resting on a Swiss ball.

Movement: Roll the ball forward and lower your chest toward the floor until you feel a stretch and hold.

Tip: Make sure to look toward the floor and breathe deeply during the stretch.

Drive Behavior Change and Boost Adherence with MedBridge HEP

- Save time with smart search, templates, and one-click documentation.
- Engage patients with over 8,000 video exercises delivered on a mobile app.
- Improve outcomes with patient feedback, messaging, and adherence tracking.
- Learn more at www.medbridge.com/hep

Disclaimer: This program provides exercises related to preventative maintenance OR to your condition that you can perform at home. As there is a risk of injury with any activity, use caution when performing exercises. If you experience any pain or discomfort, discontinue the exercises and contact your healthcare provider.

