

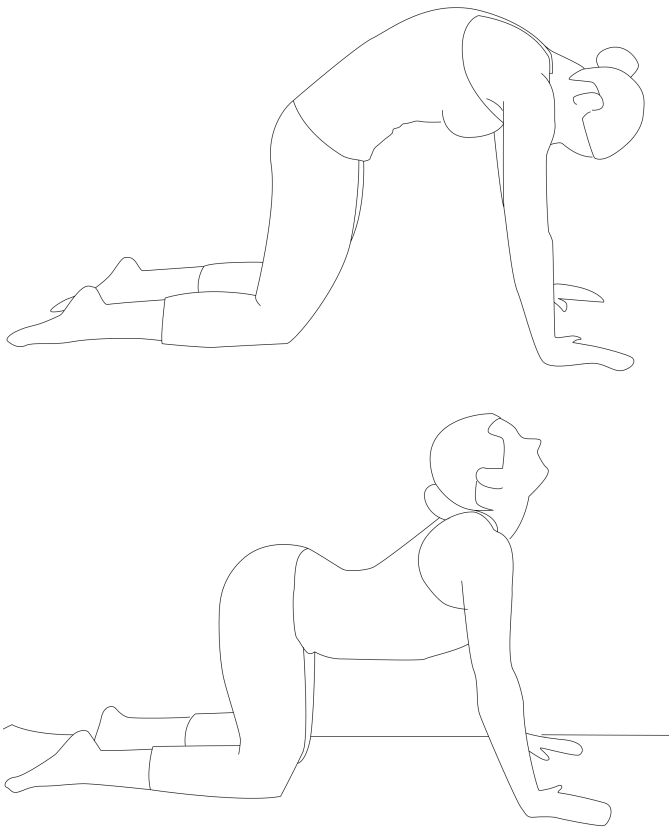
# Thoracic Disc Herniation Exercises

Thoracic disc herniation occurs when one of the intervertebral discs in the thoracic spine, located in the upper back, protrudes or bulges out of its normal position. Unlike the more common lumbar disc herniation in the lower back or cervical spine issues in the neck, herniations are less frequent due to the stability provided by the rib cage.

## Cat-cow stretches

Cat-Cow stretches are a gentle exercise that helps to mobilize the cervical spine and improve flexibility.

1. Start in a kneeling position on all fours with your hands directly under your shoulders and your knees under your hips.
2. As you inhale, arch your back and lift your head and tailbone towards the ceiling, creating a concave shape known as the "cow" position.
3. Exhale and round your back, tucking your chin and tailbone under, resembling a "cat" position.



## Shoulder blade squeezes

Shoulder blade squeezes are excellent for strengthening the muscles around the thoracic spine and improving posture.

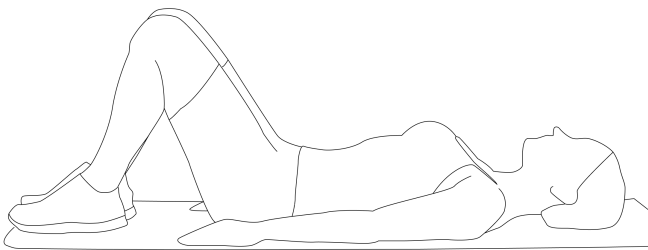
1. Sit or stand in a comfortable position with your arms relaxed at your sides.
2. Gently squeeze your shoulder blades together as if you are trying to hold a pencil between them.
3. Hold this position for a few seconds, then release.



## Pelvic tilts

Pelvic tilts are beneficial for strengthening the core and lower back muscles, providing better support for the thoracic spine.

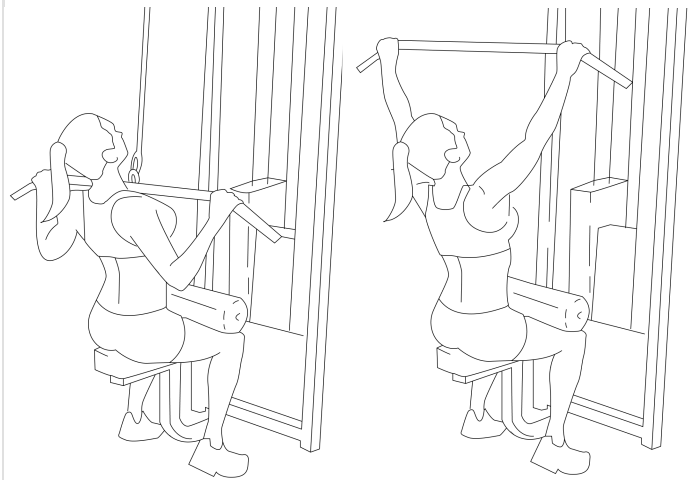
1. Lie on your back with your knees bent and feet flat on the floor.
2. Flatten your lower back against the floor by tightening your abdominal muscles and tilting your pelvis upward.
3. Hold this position for a few seconds, then relax.



## Lat pulldowns

Lat pulldowns target the upper back muscles, providing support to the thoracic spine.

1. Using a resistance band hanging from an elevated point or a lat pulldown machine, sit in an upright position with your knees bent and feet flat on the floor.
2. Grab the bar or the band with your hands slightly wider than shoulder-width apart.
3. Pull the bar down towards your chest while squeezing your shoulder blades together.
4. Slowly return to the starting position.



## Spine stretch forward

Spine stretch forward is a Pilates movement that can improve core strength, flexibility, and posture. Here are the steps to follow:

1. Sit with your legs extended and feet hip-width apart.
2. Reach your arms forward and slowly bend your spine forward, keeping your chin tucked.

## References

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