

### Eccentric exercise to increase length through latissimus dorsi



### Importance of Thoracic ROM!

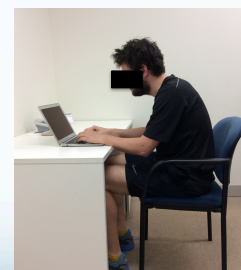


### Manual Therapy

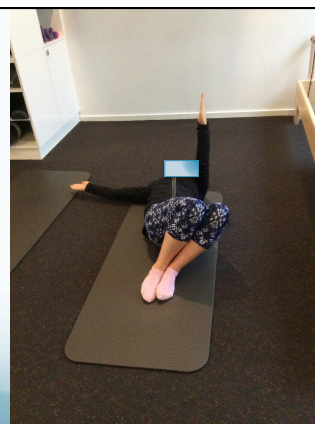
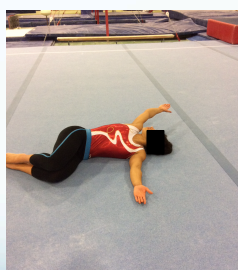
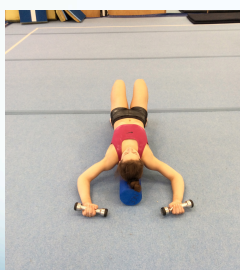
- Mobilisation gliding techniques of the glenohumeral and scapulothoracic joints
- Cervical spine
- Thoracic spine
- Ribs

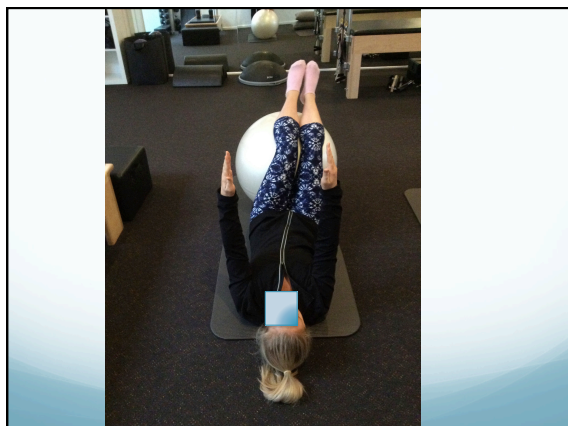
### Thoracic Spine Kyphosis

- Arm elevation when slouched sitting
  - Reduced
    - scapular upward rotation
    - posterior tilt
  - Increased
    - scapular Internal rotation
    - elevation
- (Kebaetse M. 1999)



### Stretching and Thoracic Mobility





## Communication

- Goal setting
- Education
- Psychosocial (yellow flags)
- Team work

## Movement Experts

- As Physiotherapist we treat and assess movement very well

Identify impairment of:-

Muscle patterning

Muscle weakness

Muscle tightness

Joint range and stability

Stability

Dissociation

Kinetic chain