

# 4 Point Stance: Thoracic Spine

## Instructions

- Begin in 4 Point Stance with hands under shoulders and knees under hips.
- For thoracic extension, reach forward and place palms on the ground. Sit back into heels and look straight ahead as you force extension through the Thoracic spine. Pull hands towards you without allowing them to slide.
- For rotation, reach one arm at a time under your abdomen and past your opposite leg. Place that arm flat on the ground and pull in the opposite direction without allowing it to move.
- Rotate and extend arm into air above your head.
- Repeat on the other side.



**JH BACKCOUNTRY HEALTH**  
CHIROPRACTIC & WELLNESS

Sets:

Repetitions:

Frequency: