

Pole Exercises for Spinal Mobilisation



Pole exercises can be used at home to mobilise the thoracic spine which may assist in improving flexibility and decreasing back pain. Perform each exercise 10 times, once a day.

Axial rotation

Sitting with a stick behind your shoulders and your hands resting on top, rotate your trunk towards one side, then to the other.



Lateral bending

Sitting with a stick behind your shoulders and your hands resting on top, lower the left elbow and shoulder towards the floor – movement should be from the spine not the hips, repeat on the right side.



Forward and backward rotation

Sitting with a stick behind your shoulders and your hands resting on top, roll one shoulder forward at a time (in a circular motion), alternating sides each time. Then repeat in a backwards direction.

