

Upper (Thoracic) back pain

Information and advice

Posture

Poor posture when you're sitting or standing can over time lead to things like neck and back pain. This can include upper back (thoracic) pain.

Exercises, relaxation and making small changes to the way you move can help you recover.

Improving your posture when standing

- Stand tall and don't slouch
- Raise the top of your chest towards the ceiling
- Stand with your feet slightly apart and your weight evenly distributed over both feet
- Change position regularly, moving around every 20-30 minutes

Improving your posture when sitting

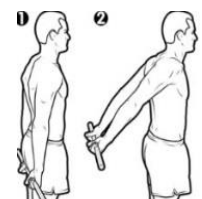
- Sit well back in a supportive chair with your thighs parallel to the floor
- A small pillow can provide extra support to your lower back
- Keep shoulder blades pulled gently down and back and chin tucked in
- Remember to get up and move around regularly

Exercises

Regular exercises can help reduce tension in your neck and back, and your overall posture. Start gently with these exercises and complete them two or three times a day. Increase the number of times you do them when you feel able to.

- Link your fingers behind your back, or hold a stick or rolled up towel. Keeping upright, slowly raise and straighten your arms. Hold for five seconds and relax. Repeat five times
- Sitting sideways on a chair with a rolled up towel tucked under your inside arm, gently bend to the side and hold for five seconds. Repeat five times
- Sitting in a chair with your arms across your chest, turn your trunk to the right and hold for five seconds.

Then turn to the left. Repeat five times each side



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