

Prone Thoracic Spine Extension (T/sp EXT)

Patient is lying prone with forehead on the table, chin tucked, elbows even with eyes and palms down on the table over their head. Spine stabilization is accomplished in a series of three steps: abdominal brace, scapular depression and external rotation, and deep neck flexion. Patient is then asked to extend through their cervico-thoracic junction and lift their head off the table keeping spinal stabilization.

