

# Thoracic Towel Roll

## Step 1

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Roll up a towel nice and tight. It should be at least as high as your elbow. Place it on the ground and lay over it so it is across the middle of your back. Rest here for about 2 minutes. You can repeat this moving the towel to other regions of the thoracic spine. Repeat up to 4 times a day if you like.

