

Thoracic spine is the least mobile region of the spine. Any limitation of its movement can easily cause problems with mobility of the other parts of spine, lead to poor breathing habits and, in rare cases, also disrupt the function of the organs of the mediastinum. Due to the close vertebrovisceral relations, the thoracic spine is often very difficult to influence therapeutically. That's why I focused on problems with thoracic spine dorsalgia, its poor movement and insufficient mobility of the ribcage during inspiration. Therapy based on the Computer Kinesiology system was used in five patients with various subjective manifestations of thoracic spine problems. Patients performed the given set of exercises at least twice a day for 3 months. The set was regularly modified based on the follow-up findings. One of the patients ceases to fulfill the study criteria, and her results have only been used as a control. Improved mobility of the thoracic spine and pain elimination has been achieved in all the patients, except for the control. In most of the patients, the inspiratory chest circumference, measured at the mid-point of the sternum, has increased. The findings confirm that the Computer Kinesiology system is an appropriate tool for diagnosis and subsequent therapy of problems related to the thoracic spine. Given that the monitored parameters showed a significant improvement only in the late phases of therapy, a long-term study would be more appropriate to uncover other potential benefits of the system.