

Basic Upper Back Exercises



Rotations in lying

Lying down – cross your right knee over your side and hold for 5 seconds. Repeat x5 on each side.



Cat curls

On all fours – arch your back up to the ceiling and then lower your stomach to hollow your back to the floor. Repeat x10



Upper back stretch

Sit back on your haunches. Walk your hands forward as far as you feel comfortable keeping your bottom down. Repeat x10



Thoracic rotations

In sitting. Fold your arms across your chest and twist from your mid back slowly to either side. Repeat x10



Thoracic extensions

In sitting with your hands behind your head. Gently arch back whilst keeping your chin tucked in. Do not throw your head back. Repeat x10



Side bends

Standing with your feet hip distance apart. Slowly bend down to one side and then repeat to the other. Do not tilt forwards. Repeat x10.

Gentle exercise is proven to help reduce back pain, start doing these exercises while you wait for your physiotherapy appointment. They may cause some discomfort but should not increase your pain. STOP if the exercises are increasing your pain throughout or after

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