

BASIC EXERCISES FOR MID BACK PAIN

GOALS

Stabilize the muscles of the upper back and back of shoulder.

Improve their function and reduce pain in the area.

INSTRUCTIONS

Equipment: Yoga mat (or comfortable flat surface), rolled towel

All drills are done face-down. The towel will help support your head and neck so that you can still breathe and not have to hold your head up during these exercises.

The instructions below represent one set of exercises. Perform up to 3 sets 1-2 times per day.



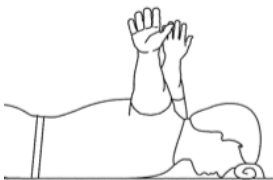
MID BACK PAIN 1 UPPER BACK EXTENSION WITH ARMS BY SIDE OF HIP

Lay face down with your forehead resting on a rolled towel. Keep your arms by the side of your hips; thumbs down. **Raise your arms up about 4-6 inches from your side.** Pinch your shoulder blades together, keeping your elbows straight. Hold 10 seconds. Return to starting position. Repeat up to 10 times.



MID BACK PAIN 2 UPPER BACK EXTENSION WITH ARMS ABOVE YOUR HEAD

Lay face down with your forehead resting on a rolled towel. Keep your arms straight out in front of you and above your head, thumbs up. **Raise your arms up about 2-4 inches from the flat surface.** Keep your shoulder blades pinched together, keeping your elbows straight. Hold 10 seconds. Return to starting position. Repeat up to 10 times.



MID BACK PAIN 3 UPPER BACK EXTENSION WITH ARMS STRAIGHT TO SIDE

Lay face down with your forehead resting on a rolled towel. Keep your arms straight out from your side; palms down. **Raise your arms up about 4-6 inches from the flat surface.** Keep your shoulder blades pinched together, keeping your elbows straight. Hold 10 seconds. Return to starting position. Repeat up to 10 times.



MID BACK PAIN 4 UPPER BACK EXTENSION WITH ARMS BENT AT ELBOW

Lay face down with your forehead resting on a rolled towel. Keep your arms straight out from your side, elbows bent at 90 degrees, palms down. **Raise your arms about 4-6 inches up from flat surface.** Keep your shoulder blades pinched together and your elbows bent. Hold 10 seconds. Return to starting position. Repeat up to 10 times.

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ADDITIONAL INSTRUCTIONS

- Exercise good control during this movement.
- Move slowly and deliberately.
- Return slowly to start position.
- Perform drills in the sequence listed unless otherwise advised by your therapist.

PRECAUTIONS

- Do not hold your breath while performing exercises.
- Avoid jerky movements.
- Perform these drills respecting your pain.
- Do not shrug your shoulders.
- You may experience some soreness from some of these drills. DO NOT perform these to the point of aggravating your symptoms.

NOTES: