

Exercise Program for Upper Back Pain



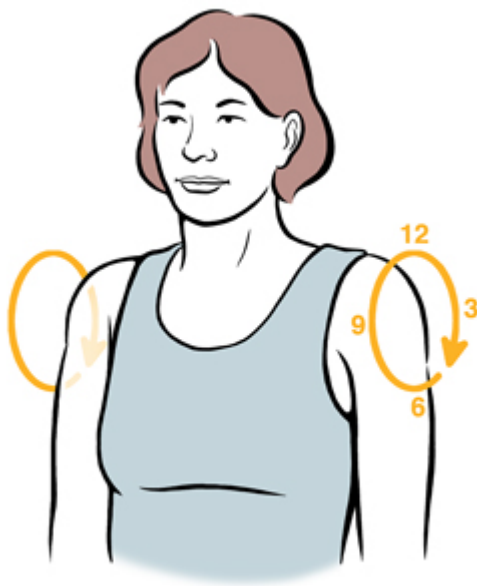
Movement is one of the best ways to treat back pain. Your healthcare provider may recommend exercises to help you manage your pain, speed healing, and prevent future flare-ups.

Talk to your healthcare provider or physical therapist about which exercises are best for you and your rehabilitation goals.

Start each exercise slowly. A little discomfort is normal but stop any exercise that causes pain.

Shoulder Rolls

1. Stand or sit with your feet shoulder-width apart.
2. Shrug your shoulders up towards your ears, then slowly roll them back, and then down in a smooth, circular motion.
3. Repeat 10 times.



Child's Pose

1. Kneel on the floor and sit back on your heels.
2. Lean forward and stretch your arms out in front of you with your palms down. Try to keep your buttocks against your heels as much as possible.
3. Relax your neck and let your forehead gently rest against the floor. Reach as far in front of you as possible.
4. Hold for 15 to 30 seconds, then relax.
5. Repeat 3 times.

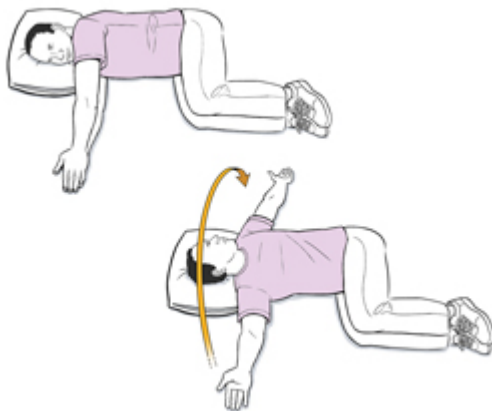


Open Books

1. Lie on your side with your head supported and your knees bent to 90 degrees.
2. Reach your arms out in front of you with your hands together.
3. As you breathe in, bring the top arm up and over your chest, stretching within a comfortable range.
4. As you breathe out, bring your top arm back to the starting position.
5. Repeat 10 times. Then roll over and repeat on the opposite side.

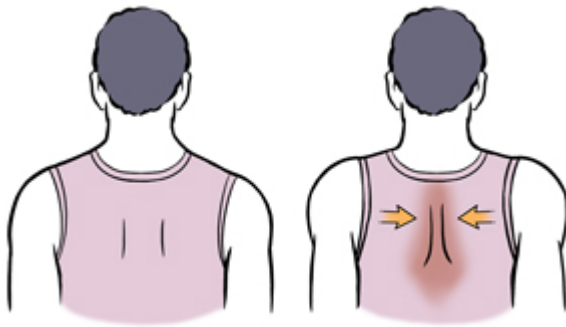
Tips:

- Move slowly during the exercise.
- If you prefer to hold the stretch, repeat only 5 times per side and hold each stretch for 30 seconds.



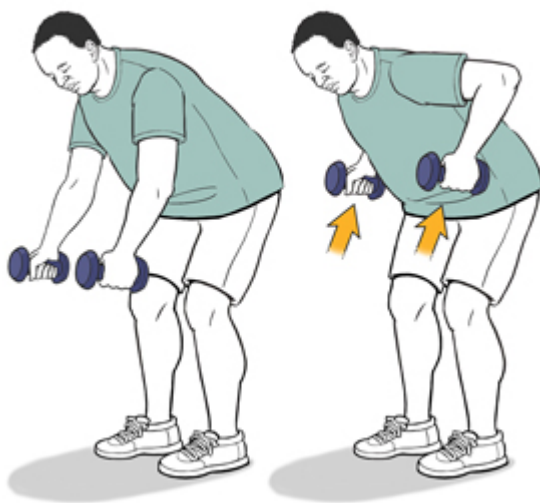
Scapular Squeeze

1. Sit or stand up straight with your arms at your sides.
2. Keeping your shoulders relaxed, squeeze your shoulder blades together.
3. Hold for 5 seconds, then relax.
4. Repeat 10 times.



Bent Over Row with Dumbbells

1. Stand with your feet shoulder-width apart and your knees slightly bent. Hold a dumbbell in each hand with your palms facing each other.
2. Keeping your back straight, bend over at the hips.
3. Pull the dumbbells back toward your body, keeping your elbows by your sides.
4. Then lower the dumbbells in a controlled manner back to the starting position.
5. Repeat 10 times.



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