

Self-massage is a very useful technique to relieve your pain. It is very easy to perform and quite effective, if carried out precisely and slowly. Below are few techniques you can perform to relieve your upper back pain.

- **Dragging Technique-** This technique is very easy and doesn't require any equipment. You can perform it in your workplace and is quite helpful for people who work in office and experience upper back pain and neck pain. To start, tighten your left fist and place it on the right side of your upper back again the neck. Support the left elbow with your right hand and drag the left fist in the area between the neck and the upper back slowly. As you drag, tilt your neck to the area you are massaging i.e. left side and pull the elbow down. Do this for at least times on each side of the upper back and neck. When you are done pound the side and back of the neck softly with both hands. Afterwards, close your eyes and relax.
- **Massage with your Middle Finger-** This technique is also simple and easy to perform in your workplace. To start, out the fingers of your left hand together and place them on top of your upper back. The thumb should be touching the neck and the middle finger should be placed on the center of the upper back. Now press the center of your upper back with your middle finger until you feel a little pain. Use your left hand to raise and support your left elbow to apply more pressure. Now, move your finger in slow and circular motion as you apply pressure. When you feel a sharper pain, you have hit a knot or tight spot. Massage the area slowly and precisely, while keeping the pain in bearable threshold. Repeat the same technique on the other side, when you are done.
- **Massage while lying down-** You need to lie down to perform this technique. To start, lie down on the right side with your right leg straight and the left leg slightly bent. Your left arm should be in front with the palm facing the floor. Place your right hand on your left upper back passing over your shoulder, and squeeze the muscles of your upper back with your fingers. If you want to reach further back, lower down your left shoulder and massage the part between the shoulder blade and spine. When you get tired, rub the area with a clenched fist until it gets warm. Afterwards, pound your upper back muscles

as hard as you can as long it doesn't hurt you. When you are done, take a little break and rest. Then, repeat the technique on the other side of your back.