

# Upper Back Pain - Supportive Care & Stretching

Back pain is very common and often improves within 4–6 weeks with supportive care. These simple steps can help you recover more comfortably and quickly:

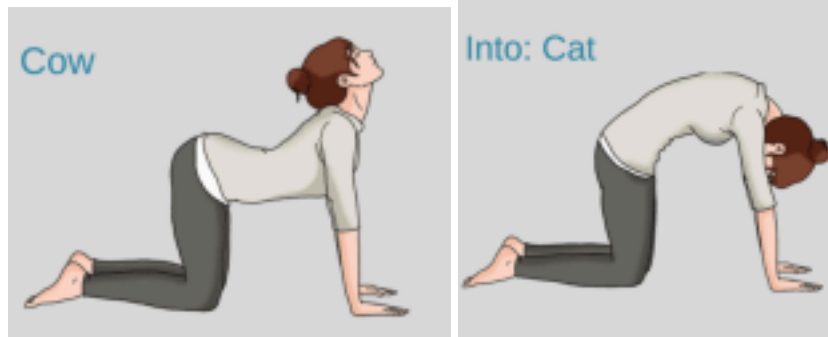
**Stay active:** Gentle movement is key. Try to avoid long periods of sitting, which can cause stiffness and slow healing. Light walking or frequent position changes are helpful. **Use medications as needed:** You may take both **Tylenol (acetaminophen)** and **ibuprofen** together for pain relief, unless your provider has advised otherwise. **Stretch regularly:** Perform the included stretches **1–2 times per day**, holding each for **20–30 seconds**. Move slowly and don't push into pain.

**Know when to seek care:** Contact a healthcare provider if your symptoms worsen, spread into your arms or legs, or are associated with **numbness, tingling, or weakness**.

**On the next pages, you'll find simple stretches designed to reduce stiffness, improve mobility, and support your back pain recovery.**

Take your time, breathe through each stretch, and focus on gentle, controlled movement. **Start with the ones that feel easiest, and gradually work your way through the full routine 1–2 times daily.**

# Cat - Cow



- Start on your hands and knees in a tabletop position.
- Inhale as you arch your back, lifting your head and tailbone toward the ceiling (Cow Pose).
- Exhale as you round your spine, tucking your chin and pelvis (Cat Pose).
- Repeat for 30 seconds to 1 minute.

# Open Book



- Lie on your side with knees bent at 90 degrees and arms extended in front of you.
- Keep your knees together as you rotate your top arm and torso to open up like a book.
- Follow your hand with your eyes, then return to the starting position.
- Repeat 5-10 times on each side.

# Wall Angels



- Stand with your back against a wall, arms raised to shoulder height with elbows bent (goalpost position).
- Keep your back, head, and arms in contact with the wall.
- Slowly raise and lower your arms like making a snow angel.
- Repeat 10 times.

# Knee - To - Chest



- Lie on your back with both legs extended.
- Bring one knee toward your chest and hold behind your thigh or shin.
- Hold for 20-30 seconds, then switch legs.
- Repeat 2-3 times on each side.