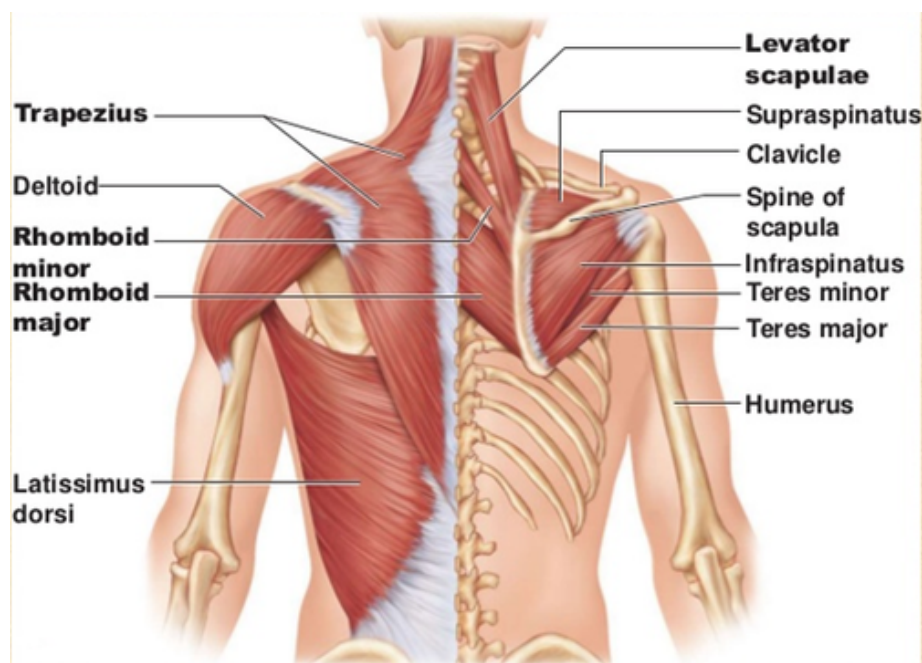


Seated Upper Back Mobility

Summary

- These exercises aim to improve the strength & mobility of your upper back muscles
- Each of these exercises should be performed for 8-15 repetitions or held for 5-10 seconds where appropriate and then repeated 3 times throughout the day, daily.
- Hold each stretch for 15 - 30s, you should feel a stretch with discomfort, but **DO NOT force the stretch.**
- You can take painkillers as advised by a prescribing clinician or pharmacist. Taking them before exercise can help you stay active without causing extra pain.
- Regularly perform these exercises here to help ease pain and prevent future symptoms.
- Stay active and avoid static postures
- Your pain should ease within 6-12 weeks of commencing these exercises.



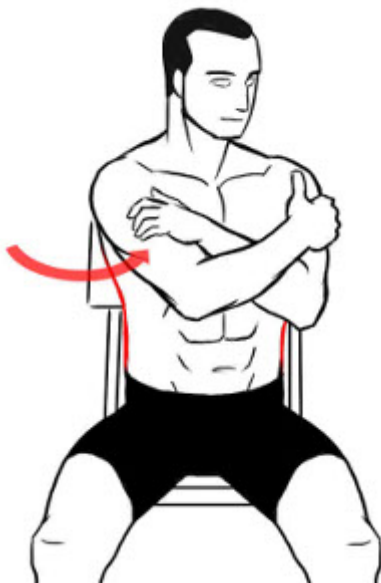
Muscles of the upper back

1. Chest stretch



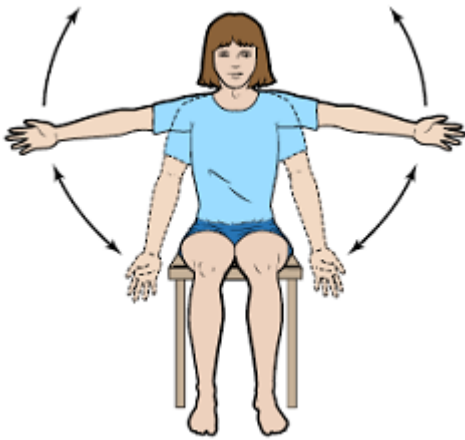
1. Sit upright and away from the back of the chair.
2. Pull your shoulders back and down and extend your arms out to the side.
3. Gently push your chest forward and up until you feel a stretch across your chest. Hold.
4. Return to the starting position and repeat.

2. Upper-body twist



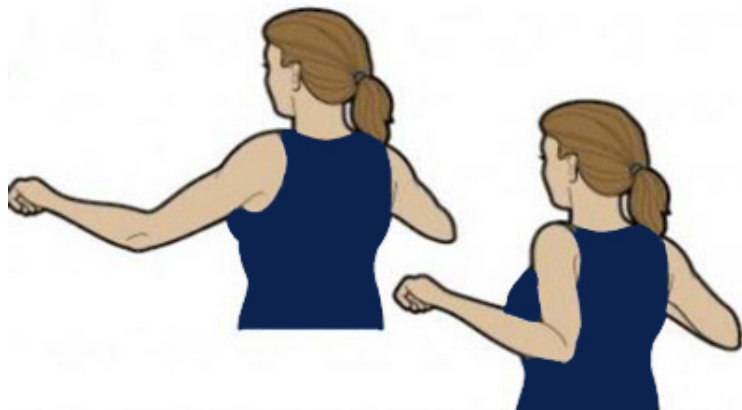
1. Sit upright with your feet flat on the floor.
2. Cross your arms and reach for your shoulders.
3. Without moving your hips, turn your upper body to the left as far as is comfortable.
4. Hold and repeat on the right side.

3. Arm raises



1. Sit upright with your arms by your sides.
2. With palms forwards, raise both arms out and to the side, and up as far as is comfortable.
3. Return to the starting position.
4. Keep your shoulders down and arms straight throughout.

4. Seated shoulder pull back



1. Sitting forward in your chair, keep your back straight and feet firmly on the floor
2. Start with arms raised and straight out in front of you
3. Pull arms back, bring shoulder blades together and hold.
4. Return to the starting position and repeat.