

Upper Back Exercises

1. Sit well back in a high-backed chair ensuring your low back is stable.
2. Twist round with your upper back to grab hold of the back of the chair.
3. Gently pull yourself round with your arms until you feel a stretch in the upper back.
4. Hold it for 5 seconds.
5. Repeat 10 times each way.
6. Do this every other day when you are not in pain and every day when you are.

