

Exercise plan:  
**New onset of upper back pain -  
EASY**

Patient:  
**CHCP WEBSITE EXERCISES**

Date:  
**03rd May 2024**

Dear Patient,

You may experience some pain initially with your exercises, either during or afterwards. This is not unusual and should not last for a long time. If your pain continues to worsen or becomes more continuous and you feel this is related to the exercises, then please stop them and speak to your Physiotherapist. If it seems to be one exercise in particular, stop that one and speak to your Physiotherapist if required.

There are several ways to progress your exercises independently if you wish, these include: increasing the number of repetitions, increasing the number of sets, increasing how long you hold it for, or increasing the resistance/weight used. The same can be applied to make the exercises easier, by reducing those numbers.



### **Sitting Rotation**

Sit upright on a chair, with your feet flat on the floor. Cross your arms over your shoulders. Twist to one side keeping your head and hips still. Repeat to the opposite side. This exercise is a great mobility exercise for the spine.

**Sets: 3 | Repetitions: 5-10 | Days per week: 5-7 | Both sides**

Video: <http://youtu.be/JEDRfMbURRU>



### **Sitting Forward Hang**

Sitting down, round your back and let your arms hang in front of you. You should feel a gentle stretch over your spine.

**Sets: 3 | Repetitions: 5-10 | Days per week: 5-7**

Video: <http://youtu.be/GrWP8fLx0-g>



### Cat Camel Stretch

Start in a neutral four point position on your hands and knees. Round your back from an arched position as you pull in your abdominal muscles. It should feel like a gentle stretch to your lower back. Don't over-arch your back; keep it comfortable, unless your therapist guides you otherwise. After you have rounded your back, form an arch with your lower back. Repeat the movement to the required number of repetitions. This is a good exercise to stretch your back and reduce back pain.

**Sets: 3 | Repetitions: 5-10 | Days per week: 5-7**

Video: <https://youtu.be/c2kKOjzK14>



### Lumbar and Thoracic Side Flexion Sitting

Sitting with good upright posture, run your arm down the side of the chair leg by side-bending your spine. Repeat to the other side. This is a good mobility exercise for the upper and lower back while sat down, if you feel your back is starting to get stiff.

**Sets: 3 | Repetitions: 5-10 | Days per week: 5-7 | Both sides**

Video: <http://youtu.be/Rze6cxjfpOQ>



### Sitting Extension

Support your neck by placing your hands interlocked behind your neck. Round your lower back slightly, to focus the movement to the upper back, and slowly bend backwards.

**Sets: 3 | Repetitions: 5-10 | Days per week: 5-7**

Video: <http://youtu.be/Si0OKWUogJk>