

Exercise plan:
Upper back pain - MODERATE

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.

Back Extension Medium



Lie on your front, and rest on your forearms. Straighten your arms to a 90-degree position as shown. Hold this position. Your back will be arched. Start gently with this exercise as it can cause some stiffness when you first begin.

Sets: 3 | Repetitions: 3 | Time: relax here for up to 30 seconds | Days per week: 5-7

Video: <http://youtu.be/jwl8g1dNzbw>

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Quadruped



Go on to the floor or bed on your hands and knees. Place one hand behind your head. Take your elbow from your opposite knee and then rotate upwards as far as feels comfortable, following your elbow with your eyes. This will help your upper back rotate.

Sets: 3 | Repetitions: 5-15 | Days per week: 5-7 | Both sides

Video: <https://youtu.be/fk6WboZsVPU>

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Chair Rotation



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Sitting in an upright position, rotate your upper body by moving your hand towards the opposite side of the chair back-rest. You can let the head follow, but progress by keeping the head straight forwards, thus making the rotation stronger. This is a great exercise to do while sitting for long periods of time if you feel your back is getting stiff.

Sets: 3 | Repetitions: 5-15 | Days per week: 5-7 | Both sides

Video: <http://youtu.be/BINhowQbyA8>

Towel Extension Horizontal



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Roll up a hand-towel, and place it under your spine and lie flat on your back with your knees bent. You can place the rolled up towel anywhere along the upper back, but one of the best places is right underneath the shoulder blades. This exercise can help improve mobility to the spine and improve posture. You can take your arms up and back behind your head as a movement to increase the stretch. Do this slowly.

Sets: 3 | Repetitions: 5-15 | Days per week: 5-7

Video: <http://youtu.be/L2I7fUInUCs>

Wall Press-Up



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Position yourself in a press-up position with your arms straight, and palms flat on the wall. Drop your chest towards the wall by bending your elbows. Hold this position for 1-2 seconds. Return to the start position. This is a chest, back and shoulder strengthening exercise. You can make the exercise harder by standing further back from the wall.

Sets: 3 | Repetitions: 5-15 | Days per week: 5-7

Video: <http://youtu.be/w8in7tdjsaY>