

Exercise plan:
Upper back pain - ADVANCED

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.



Cat Cow - Viralāsana

Adopt the four-point kneeling start position. Position your hands slightly in front and wider than your shoulders, keeping your elbows soft. Maintain a neutral spine and your lower abdominal muscles and pelvic floor engaged at the correct level. Keep your head lifted in line with your spine. Inhale to prepare. Exhale as you tilt your tailbone down towards the floor, starting to lift your abdomen and ribcage and rolling your head down towards the floor to form a 'c' shape in your spine. Inhale to hold. Exhale as you reverse the 'c' curve tilting your tail bone upwards and lengthening the crown of your head away. Draw your shoulder blades down your back to keep your neck lengthened.

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

Video: <https://youtu.be/mTPCIIWOU9w>



Thoracic Extension using Chair

Kneel on the floor next to a chair or bench. Place your elbows above your head and rest them on the chair. Slowly extend your back, creating an arch to add extension to your spine. Return to the start position, and repeat as required. This is an extension exercise for the upper back.

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

Video: <https://youtu.be/woHZZa12zDw>

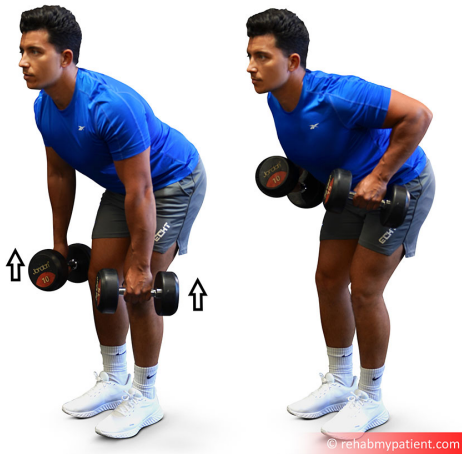


Open Book

Lie on your side, with your bottom leg straight, and your top leg resting on two pillows to keep your leg in alignment with your pelvis. Place your arms and hands together. Slowly rotate your upper back as you open your arms and shoulders as far as feels comfortable. Your bottom arm remains on the floor. As you open your arms, you follow your hand with your eyes. You should feel a stretch to your upper back, chest and shoulder.

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

Video: https://youtu.be/MInTwM_CSyQ

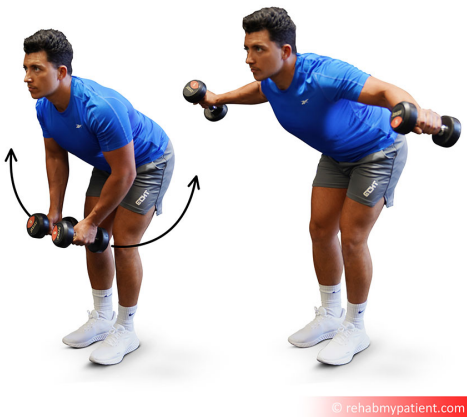


Standing Dumbbell Rows

Stand with your feet shoulder width apart and a dumbbell in each hand by your side at your hip line, hinge at the hip and bend your knees bent until you're horizontal to the floor. Retract your shoulder blades and pull the dumbbells towards your lower abdomen, slowly lower the dumbbells and repeat the movement.

Sets: 3 | Repetitions: 5-15 | Days per week: 4-5

Video: <https://youtu.be/h4b5DCjzJ5E>



Reverse Pec Flies

Stand with your feet shoulder width apart and a dumbbell in each hand, hinge at the hip with your knees bent until you're horizontal to the floor. Retract your shoulder blades and bring your arms behind you with a slight bend in the elbow and squeeze the shoulder blades together, slowly lower the dumbbells and repeat the movement.

Sets: 3 | Repetitions: 5-15 | Days per week: 4-5

Video: <https://youtu.be/QDY6VOOItoc>