

Middle Back Stretching Program



GRASP THE HANDS TOGETHER AND GENTLY STRETCH THE ARMS OUT IN FRONT OF YOU WHILE ROUNDING THE SHOULDERS FORWARD.

Repeat: 3 times **Sets:** 0

Hold Time: 20 secs **Resistance/Time:** 0

Sessions: 2 /day



WITH YOUR HANDS BEHIND YOUR HEAD BACKWARD BEND THE HEAD NECK AND UPPER BACK AS ILLUSTRATED.

Repeat: 3 times **Sets:** 0

Hold Time: 20 secs **Resistance/Time:** 0

Sessions: 2 /day



RAISE YOUR SHOULDERS UP TO YOUR EARS THEN BACKWARDS PINCHING YOUR SHOULDER BLADES TOGETHER. TAKE CARE TO KEEP YOUR ELBOWS STRAIGHT.

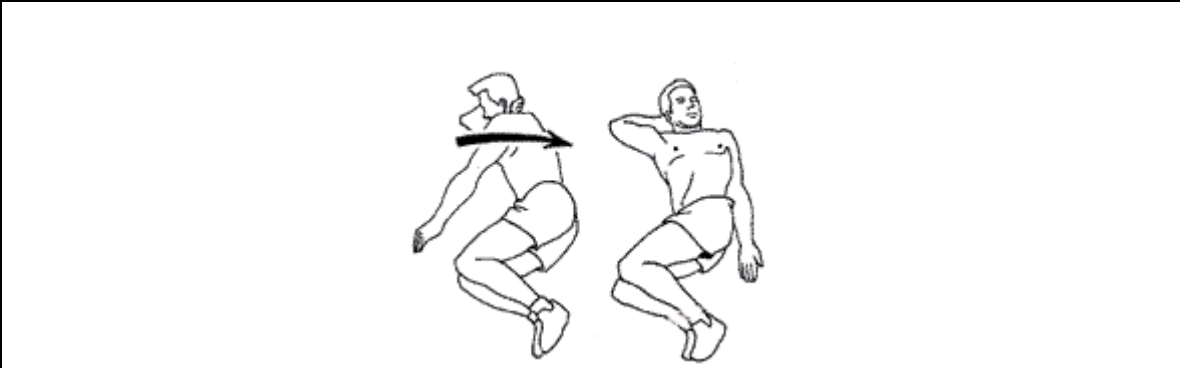
Repeat:

10 times

Sets:

0

Hold Time:	2 secs	Resistance/Time:	0
Sessions:	2 /day		



LYING ON YOUR SIDE, ROTATE YOUR SHOULDERS BACKWARD AND THEN RETURN AS ILLUSTRATED. MAKE SURE YOUR HEAD ROTATES WITH YOUR SHOULDERS.

Repeat:	3 times	Sets:	0
Hold Time:	20 secs	Resistance/Time:	0
Sessions:	2 /day		