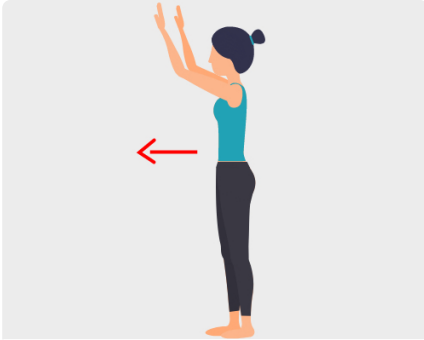


# Easy Exercises to Relieve Upper Back Pain

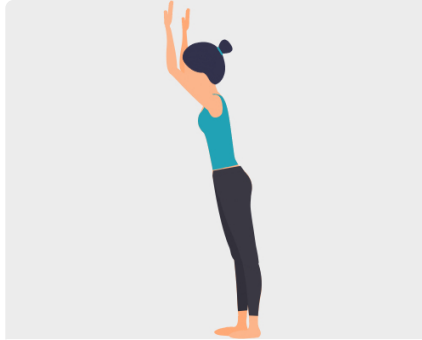
Time to Completion: 10 minutes

## EXERCISE 1: PECTORALIS STRETCH - [REPEAT 10 TIMES](#)



### STEP 1

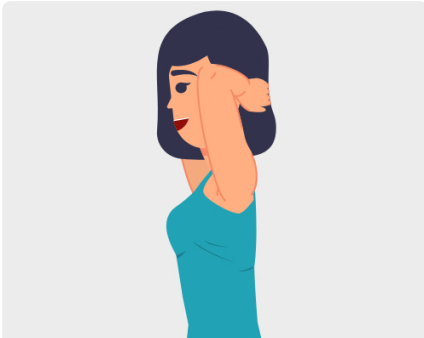
Stand in a doorway or corner with both arms on the wall slightly above your head.



### STEP 2

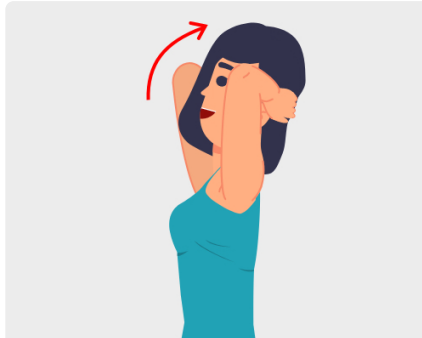
Slowly lean forward until you feel a stretch in the front of your shoulders. Hold 15 to 30 seconds.

## EXERCISE 2: THORACIC EXTENSION - [REPEAT 10 TIMES](#)



### STEP 1

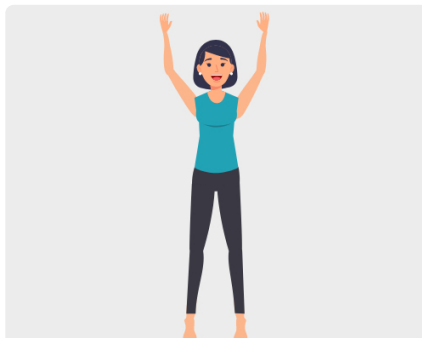
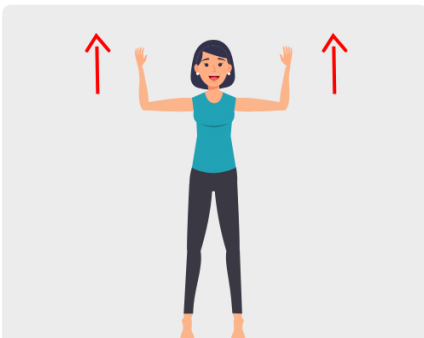
While sitting in a chair, clasp both arms behind your head.



### STEP 2

Gently arch backward and look up toward the ceiling.

## EXERCISE 3: ARM SLIDE ON WALL - [REPEAT 10 TIMES](#)



**STEP 1**

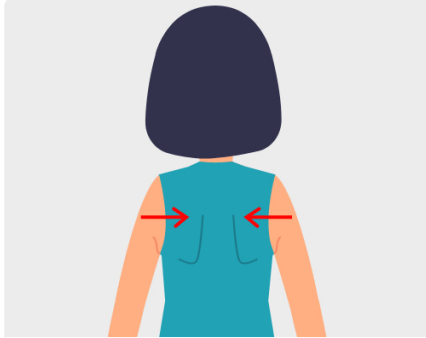
Sit or stand with your back against a wall and your elbows and wrists against the wall.

**STEP 2**

**HOLD FOR 2 SECONDS**

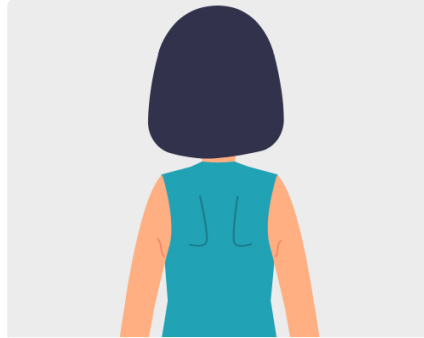
Slowly slide your arms upward as high as you can while keeping your elbows and wrists against the wall.

**EXERCISE 4: SCAPULAR SQUEEZE - [REPEAT 10 TIMES](#)**



**STEP 1**

While sitting or standing with your arms by your sides.

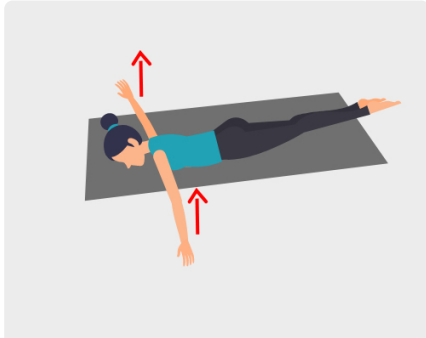


**STEP 2**

**HOLD FOR 5 SECONDS**

Squeeze your shoulder blades together. Hold for 5 seconds.

**EXERCISE 5: MID-TRAP EXERCISE - [REPEAT 15 TIMES](#)**



**STEP 1**

Lie on your stomach on a firm surface and place a folded pillow underneath your chest. Place your arms out straight to your sides with your elbows straight and thumbs toward the ceiling.

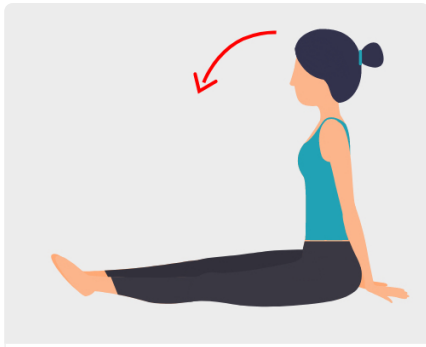


**STEP 2**

**HOLD FOR 2 SECONDS**

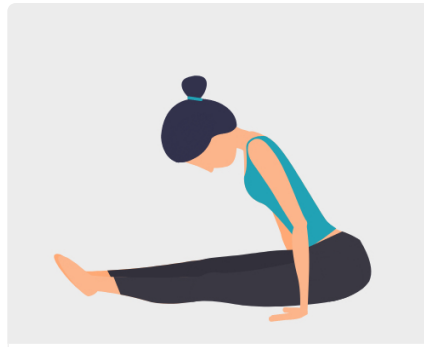
Slowly raise your arms toward the ceiling as you squeeze your shoulder blades together. Lower slowly.

**EXERCISE 6: THORACIC STRETCH - [REPEAT 10 TIMES](#)**



**STEP 1**

Sit on the floor with your legs out straight in front of you. Hold your mid-thighs with your hands.

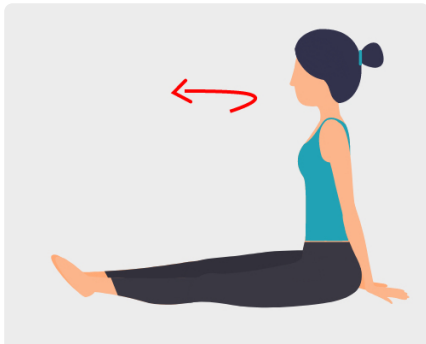


**STEP 2**

Curl your head and neck toward your belly button.

**HOLD FOR 15 SECONDS**

**EXERCISE 7: THORACIC SIDE STRETCH - REPEAT 10 TIMES**



**STEP 1**

Sit on the floor with your legs out straight in front of you.



**STEP 2**

To stretch your right upper back, point your right elbow and shoulders forward while twisting your trunk to the left. Do the opposite for the other side.

**HOLD FOR 15 SECONDS**