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OSTEOPATHS

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Advice Sheet AS8: Exercises for the upper back:

1. Stand with arms by sides. Slowly rotate both shoulders forwards and backwards. Make sure the movement is mainly from the shoulder blades and not the shoulder joints. together, hold for a few seconds then relax and release the hands.
2. Stand with arms by sides, breathe in whilst drawing your shoulders up to your ears, breathe out and let the shoulders relax and lower.  up the elbows slightly and draw small circles slowly in the air with the elbows. This action will bring about movement in the area of the back between the shoulder blades. Enlarge the circles, keeping it a slow deliberate movement, clockwise and then anti-clockwise. Try drawing other shapes in the air such as "figure of eight".
3. Hold your arms up in front of you with fingers inter-linked, and elbows slightly bent. Bow your head slightly. Keeping the elbows bent push the arms forward so that a stretch is felt between the shoulder blades. Hold for a few seconds and then return. Repeat this, trying to hold the stretch for a few seconds longer each time.
4. Take the arms behind you and interlink the fingers again. Squeeze the shoulder blades
5. Cross your arms over your chest, holding onto your shoulders. Make sure the elbow points are together. Lift up the elbows slightly and draw small circles slowly in the air with the elbows. This action will bring about movement in the area of the back between the shoulder blades. Enlarge the circles, keeping it a slow deliberate movement, clockwise and then anti-clockwise. Try drawing other shapes in the air such as "figure of eight".
6. With the arms crossed over the chest, as before, holding onto the shoulders, rotate the trunk slowly one way pausing at the end of range and then rotate the other way.