

Upper Back Postural Exercises

These exercises are designed to strengthen the posterior upper back muscles that are often neglected. The benefits are a reduction in perceived stress in the shoulders and neck, an improvement in shoulder function and improved breathing. If you are at work and sit behind a desk, perform these periodically throughout the week.

Rhomboid, Middle Trap Exercise.

This exercise will strengthen the rhomboids and mid and upper traps as well. Begin with arms held at 90 degrees, Your goal is to aim your right elbow toward the left pocket and left toward the right. When doing this, your shoulder blades should come together at the black line in illustration. Imagine someone putting a pencil in between your blades and expecting you to hold it there. That is the correct way to perform this. Begin with 3 sets of 10 seconds holding this position, adding an additional set daily until you do 10 sets. Then, every other day, increase the time from 10 seconds to 30, 3 times per week.

Back View



Front View



Lower Traps Exercises

Pull the fingertips down toward the floor. Then, with the hands pulling downward (a), rotate the wrists outward (b). Begin with 6 repetitions, and then, every day, increase the repetitions to 18 repetitions. Once you have done this, every other day, increase the repetitions more until you reach 3 sets of 18, three times per week. These muscles, when toned, will also help keep the shoulders back and improve upper back function and improve shoulder strength.



a



b



General Stretch and Tone Exercise For Upper Back and Chest.

These exercises are designed to bring the shoulders back and improve posture. In position A, bring hands back as shown until the hands begin to tingle and hold 30 seconds. In position B, bring arms back as shown until fingers begin to tingle and hold 30 seconds. In position C, bring arms back with arms bent at 90 degrees and rotate hands backward until the hands tingle and hold for 30 seconds. These exercises will stretch open the anterior chest muscles and tone the posterior shoulder muscles. Perform periodically during the day to relieve tension and stress and reinforce good posture.

Position A



Position B



Position C



General Rules

If the exercise causes pain, discontinue and tell the doctor. If there is considerable weakness on one side or you cannot do the exercise, let the doctor know. He will help you.