

EXERCISE/STRETCHING SERIES

Efficient & effective movements to improve stiffness and discomfort

Upper Back Stiffness & Soreness



Upper back discomfort is a common problem with both clinic and industrial clients. Stiffness of the upper back is often a combination of static postures at home and work and a lack of activities that require us to reach high. Below are a few movements you may find beneficial if you have a stiff upper back.

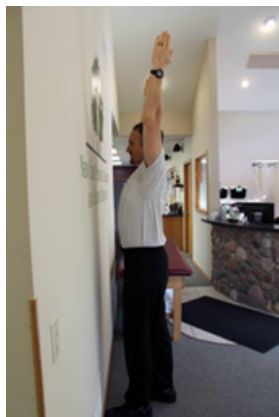


With towel roll oriented vertically along spine, clasp fingers behind neck and lift elbows towards the ceiling. Be careful not to over-arch your neck backwards. Repeat 20 reps. Do this 3x/day, or 1x/hour if you sit for long period of time..



With foam roll oriented vertically along spine, head and buttock both resting on the roll/pillow, raise your arms in either an "I", "Y", or "T" position as shown. Hold for 60 seconds. Repeat 3 times.

Getting your arms overhead and readjusting to an upright posture throughout the day can really help!



Start with arms in position with pinky fingers on wall as seen below. Raise arms up in either an "I" or "Y" position. Then squeeze shoulder blades together and lift arms off of wall. Return to wall and slide back down. Repeat 15 reps.



While standing, put arms in a W position and squeeze shoulder blades together while attempting to lift front chest bone towards the ceiling. Repeat 15 times. Do this 3x/day or 1x/hour if you do a lot of standing work.

Your employees are struggling with movement-related pain, which often leads to increases in lost-time injuries, turnover and medical costs. At New Life For Work, our customized solutions identify and address these problems early to get you back to a thriving workforce.