

Mid Back

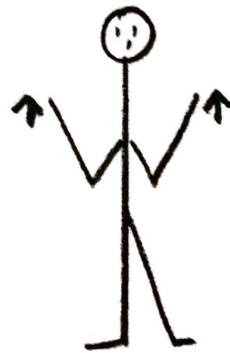
Stand against a wall
Feet a small distance from the wall
Tilt pelvis so lower back against wall



Whole spine against wall
Back of head touching wall
Arms up in "W"
Try to get backs of hands against wall



Lift arms slightly upwards



Take arms downwards to start position
Keep 'W' shape

Repeat 6 x each day or to comfort level

