

UPPER BACK & SHOULDER

*Shoulder mobility - Thoracic spine mobility -
Core - Scapula stability - Thoracic strength*



ARM BAR
CAT / COW VARIATIONS
CRAWLING
CRAWLING VARIATIONS
CROCODILE BREATHING
DIVE BOMBER
DOWN DOG & REACH
HALOS (WITH/WITHOUT KETTLEBELL)
PUSH UP VARIETIES
SHANK BRIDGE WITH VARIATIONS
SHOULDER ROLLS QUADRUPED
SIDE BEND WITH ROTATION
SQUAT & REACH
TURKISH GET UPS
WALL ANGELS
WINDMILLS

WHAT WE'RE WORKING ON

Upper back tightness is common. A majority of people say that they 'carry their stress there' at some point or another. And it's true! But how often do we truly relax this area and work on it's range of motion? These exercises will help gain mobility in our upper back, shoulders and shoulder blades which will unravel tension in the other areas of our spine too (including your neck and low back).

DISCLAIMER

These exercises are general and are not patient specific. They are intended to give ideas across all experience levels. Please use caution and understand that some may not be appropriate for you.

If you have a spinal injury, degeneration, arthritis or any condition that compromises or limits the integrity of your spine and/or discs, please use caution when trying these exercises. If you feel they are too advanced for you, please do not try them.

If you have questions regarding which exercises may be right for you, please consult your physical therapist.