

Upper back exercises

Pain between the shoulder blades



How to use this sheet. Do the exercises slowly. Stop before the pain builds — mild discomfort is fine, sharp pain is not. A little every day beats a lot once a week.

1 Upper back extension over a chair



Hands behind the head. Lean the upper back over the top edge of the chair, keeping the lower back still.

10 times

2 times a day

✓ **Should feel**

The upper back opening out

✗ **Should not feel**

Pain in the lower back, or dizziness



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Monday to Saturday · Sunday by prior appointment only

2

Doorway chest stretch



Forearms on a doorframe, step through gently.

Hold 20 seconds

3 times

✓ **Should feel**

A stretch across the chest

✗ **Should not feel**

Shoulder pain at the front



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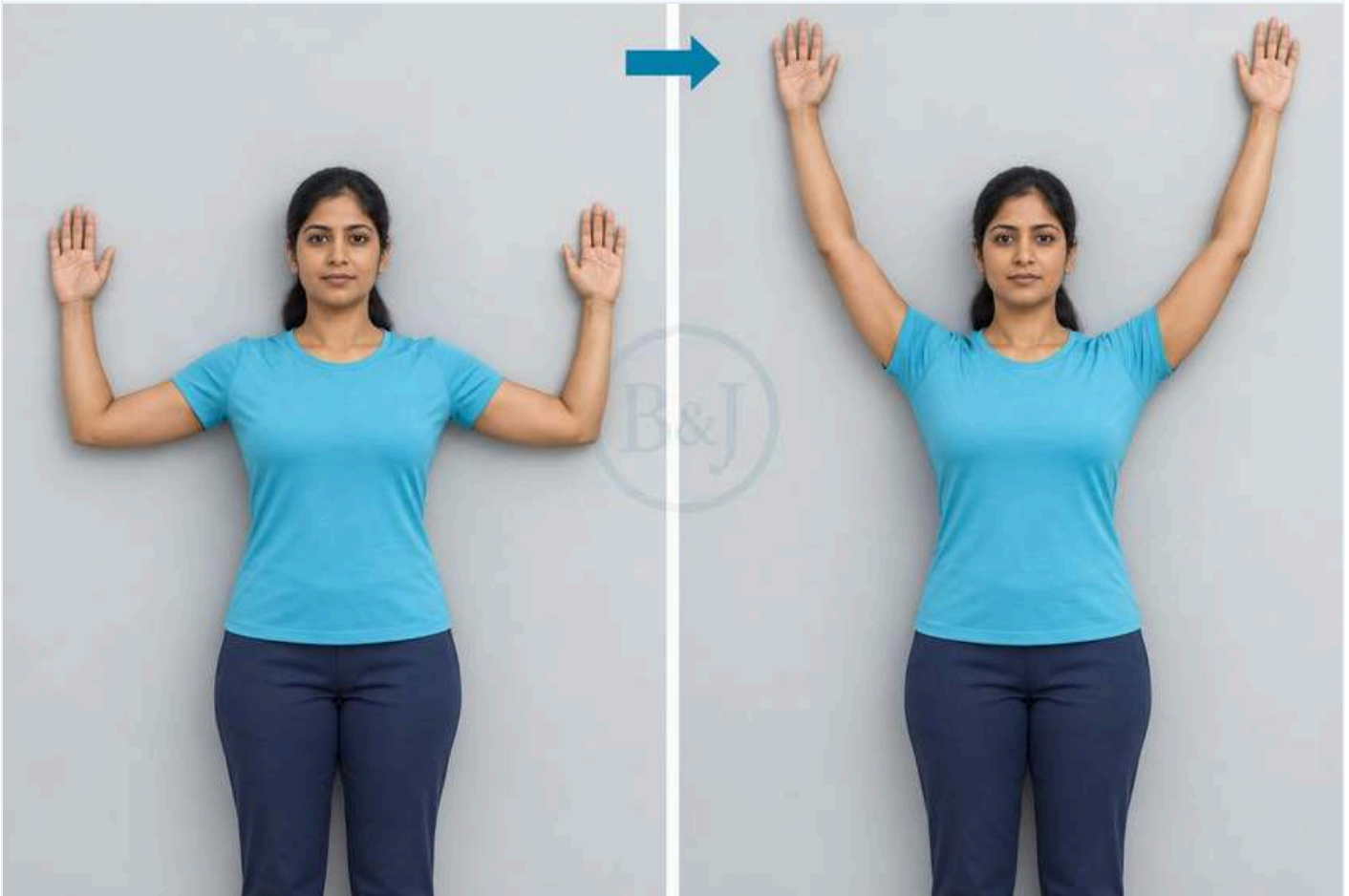
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3

Wall angels



Back flat against a wall, elbows bent. Slide the arms slowly up and down without letting the hands leave the wall.

10 times

Daily

✓ **Should feel**

The shoulder blade muscles working

✗ **Should not feel**

Pinching at the front of the shoulder



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4

Shoulder blade squeeze



Squeeze the shoulder blades together and down.

10 times

3 times a day

✓ **Should feel**

Between the shoulder blades

✗ **Should not feel**

The shoulders lifting



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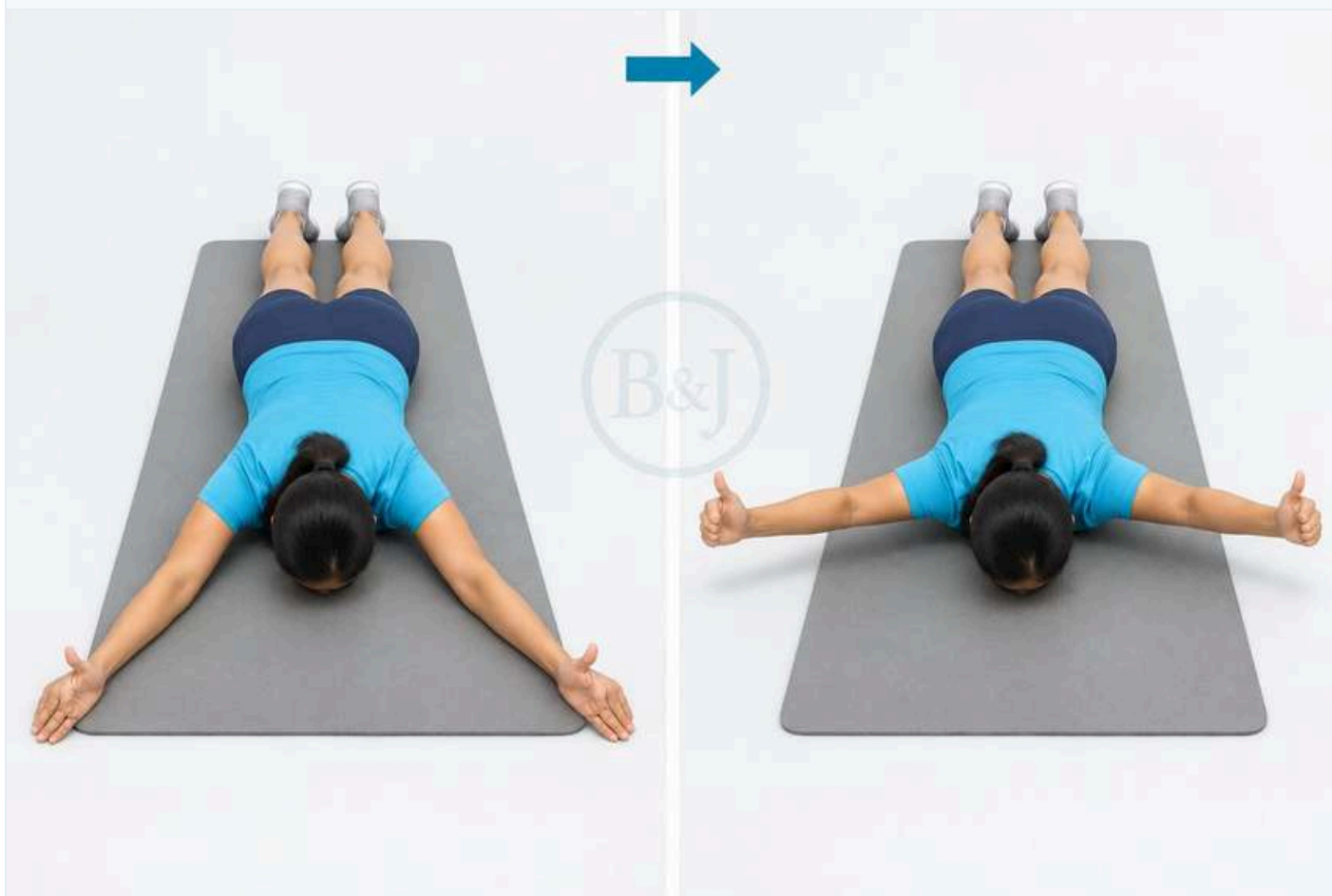
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5

Lying Y and T raises



Lie face down, forehead resting down. Lift both arms overhead in a Y with the thumbs up, then out to the sides in a T.

10 of each

Daily

✓ **Should feel**

Between and below the shoulder blades

✗ **Should not feel**

Strain in the neck, or the lower back

Stop and telephone us if

- The pain spreads to the chest, jaw or arm, or comes with breathlessness, sweating or nausea
- The pain is getting worse, not better, after two weeks
- You get new numbness, tingling or weakness
- The joint swells up or locks
- You feel unwell or feverish



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