

**Putting your fitness first**

Gentle exercise is proven to help reduce back pain, start doing these exercises while you wait for your Physiotherapy appointment.

These exercises may cause some discomfort but should not increase your pain. STOP if the exercises are increasing your pain throughout or after.

# Basic upper back exercises



Walk hands round to the right and back round to the left.

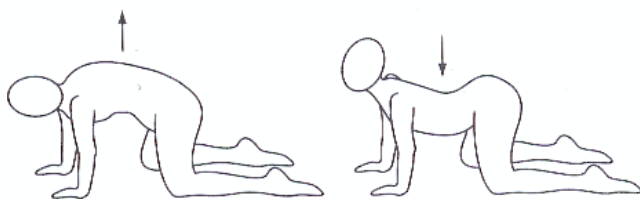
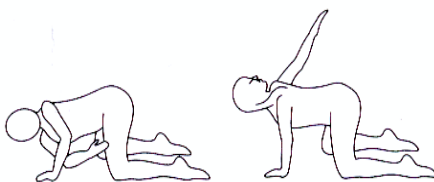
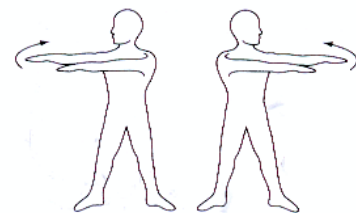
**Head, arms and trunk rotation:**

Start with feet hip width apart, hands and arms reaching directly forward at shoulder level. Turn your head, arms and shoulders around to the left as far as you can go, bending the right arm across the chest, keeping your hips still. Repeat to the right.

**Repeat 10 times.**

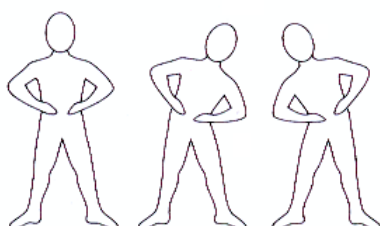
Raise one hand off the floor, reach underneath your body as far as you can. On the return, swing the arm out to the side as far as you can, then return to the starting position. Follow the moving hand with the eyes. Repeat with the other arm.

**Repeat 5 – 10 times.**



Starting position for all exercises is on all fours. Hands should be placed shoulder width apart, arms and thighs vertical. Use an exercise mat if you have one.

Arch the back, at the same time, look down at the floor. Then lower the stomach towards the floor, hollowing the back and at the same time look up at the ceiling. **Repeat 10 times**



**Side bends:**

Start with your feet hip width apart, hands on hips. Bend slowly to the left and then slowly to the right. Do not tilt forward.

**Repeat 10 times**