

Mid Back Stretch Program

2 Sets / 10 Reps / 3 s hold



1. Cat and camel pose

Start on your hands and knees with your back in a neutral position.

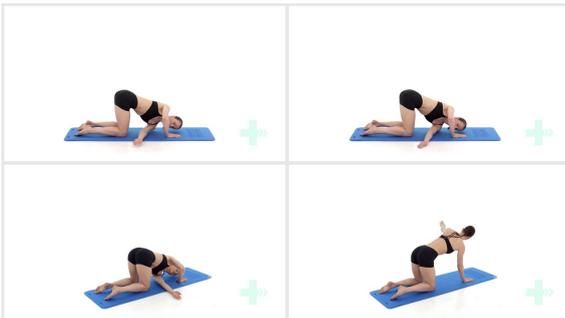
Arch your back, lifting your head up and pushing your tail bone out, making a dish with your spine.

Hold this position.

Next, bend your back up by tucking your head and tail bone in and pulling your belly button in towards your spine, making a curve through your back.

Hold this position, and then repeat.

3 Sets / 5 Reps / 3 s hold



2. "Thread the needle" full rotation

Start on your hands and knees, with your hands under your shoulders and knees under your hips.

Take one hand off the floor and reach in and through between your other arm and your legs.

Allow your body and head to follow, moving your shoulder down towards the floor as your hand reaches through.

You should feel a stretch down your side, your shoulder blade and neck.

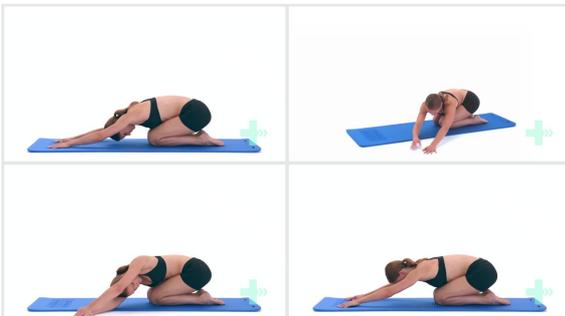
Hold this position, and then return to the starting position.

Reach your arm out to the other side, and then up towards the ceiling.

Follow the movement of your hand with your head, twisting in the other direction to look up towards the ceiling.

Hold this position, and then repeat the sequence.

2 Sets / 3 Reps / 15 s hold



3. Child pose with a twist

Kneel on the floor and sit on your heels.

You can place cushions underneath your hips if you need to.

Stretch your arms out in front of you, and walk your hands over to one side.

Keeping your hips over your heels, turn your outer palm to face up, and place the other hand on top.

Arch your outer side up a little as you reach to the side to increase the stretch.

2 Sets / 10 Reps / 3 s hold



4. Thoracic extension (seated)

Sit upright in a chair.

Slide your buttocks to the back of the chair.

Clasp your hands behind your head.

Gently lean backwards over the back of the chair.

Hold this position before your return to the upright position.



5. Side lying thoracic rotations L2

Lie on your side with the bottom leg straight and the top leg bent.

You can rest your top leg onto a folded towel.

Stretch both arms out in front of you as far as you can.

Keep your bottom arm on the floor as you reach the top up and back, allowing your body to rotate with the movement.

You will feel this stretch through your upper back.