

Walker & Hall Chartered Physiotherapists

Mid Back - Basic Exercises

Personal Exercise Program

t: 01695 570002

e: enquiries@walkerandhall.co.uk

w: www.walkerandhall.co.uk



PLEASE READ BEFORE CONTINUING

1



WARNING AND DISCLAIMER

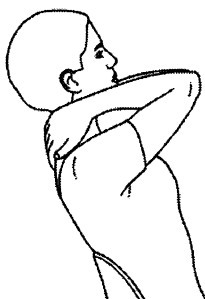
BEFORE you commence any form of exercise or treatment programme you should **FIRST** consult with your General Practitioner (GP) or Physiotherapist.

Any exercise holds an element of risk if undertaken without supervision or if performed incorrectly. If you are unsure how to perform **ANY** of the exercises shown on this site then you **SHOULD** consult with your General

Practitioner (GP) or Physiotherapist **BEFORE** commencing.

If you feel any discomfort or pain during the exercises you should **STOP IMMEDIATELY**.

The information found within this site is for general information only and should **NOT** be treated as a substitute for advice from your own doctor or physiotherapist. The exercises and other advice described are **NOT** suitable for everyone. You should **NOT** begin any exercise routine without consulting a qualified health practitioner particularly if you are pregnant, nursing, elderly, or if you have any chronic or recurring conditions. Any application of exercises suggested is at the reader's sole discretion and risk. Walker and Hall Chartered Physiotherapists accept no responsibility or liability for any loss or injuries caused directly or indirectly through the performing of any exercises given within this website or associated material produced by Walker and Hall Chartered Physiotherapists. The authors of any information associated with Walker and Hall Chartered Physiotherapists do not guarantee that any recommended exercises will work, or that you will produce benefits for yourself. Always consult your own General Practitioner (GP), if you're in any way concerned about your health or anything associated with it.

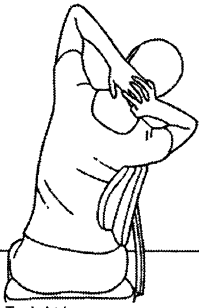


Sit on a chair with your fingers clasped behind your neck.

Lean the affected part of the thoracic spine against the back of the chair so that the chair supports the lower of the vertebrae to be mobilised. While inhaling push your shoulders over the edge of the chair, at the same time lean back to straighten the spine.

Repeat 10 times.

©PhysioTools Ltd

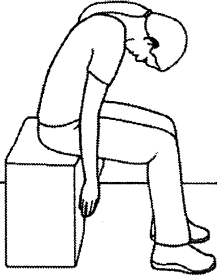


©PhysioTools Ltd

Sit sideways on a chair with a cushion between your side and the back of the chair. Put your hands behind your neck (or cross them on your chest).

Bend to the side. You can add forward or backward rotation to the bending.

Repeat 10 times.

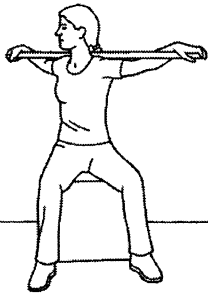


©PhysioTools Ltd

Sit with the back straight and feet firmly on the floor.

Bring your chin to your chest and round the upper trunk keeping head and shoulders relaxed. Keep your bottom firmly on the seat.

Repeat 10 times.



©PhysioTools Ltd

Sit on a chair with your legs apart and feet firmly on the floor. Hold a stick behind your neck as shown in the picture.

Twist your upper trunk from side to side. Let your head follow the movement.

Repeat 10 times.

STOP ALL EXERCISES IF YOUR PAIN BECOMES WORSE AND SEEK MEDICAL ADVICE