

Rehab 4 Upper Back Mobility



Assisted cat cow

Find a couch, chair or table. If you have a hardwood floor or sensitive knees, put a blanket down or foam roller down.

Kneel in front of the table approximately 3 feet. Kneel and place your elbows on the table. Move your hips closer towards your heels while looking upwards. 5 - 10 seconds

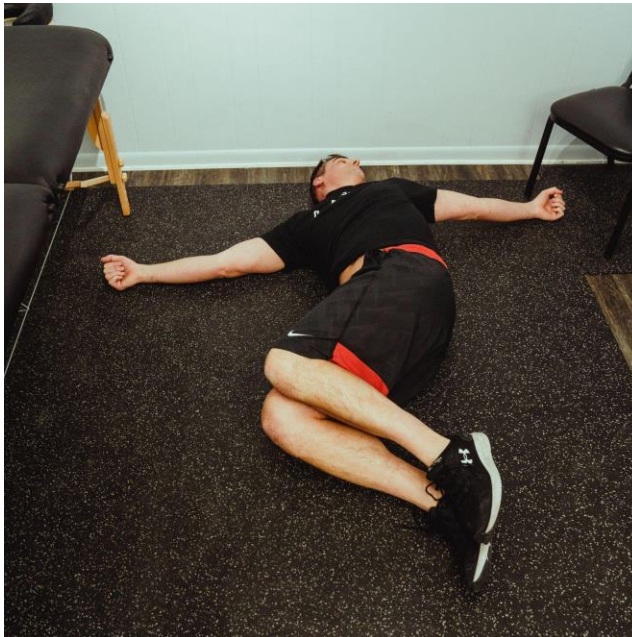
Next arch your back like a cat tucking your chin to your chest.

Repeat this 3x



Assisted Cat Cow Standing

The next exercise is similar but done standing. Have both hands placed on an elevated surface like a table. First sink your chest as low as it will go while raising your head 5-10 sec. Next arch your back like a cat and tuck your chin to your chest. Repeat 3x



Thoracic rotation

This can be done on a floor or bed.

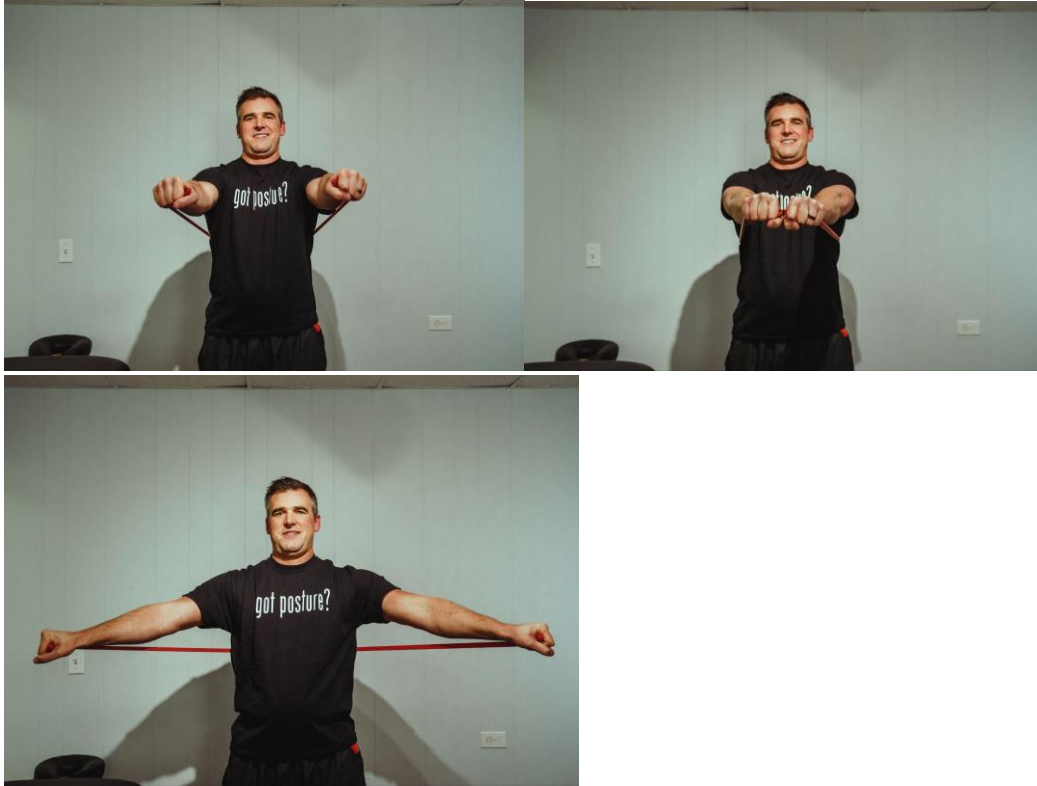
Side lying- lay on your side, rotate your superior arm across your body towards the opposite side while keeping your knees pressed together on the opposite side. 30 sec minimum

Repeat for the opposite side.



Resistance band forward

Hold a resistance band in front of your chest with both hands together. Pull the ends of the band apart so that both hands go behind your chest. Perform 10x



Resistance band backwards

Hold a resistance band behind your back. Pull the ends of the band apart so that both hands go behind your chest. Have the backs of your hand facing the ceiling Perform 10x