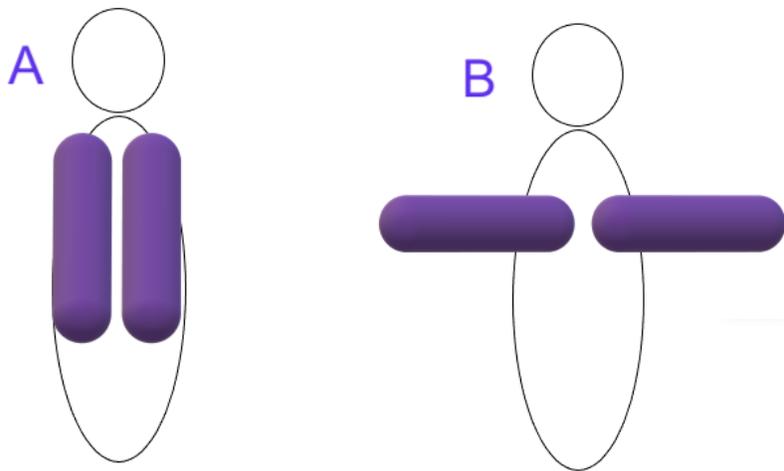




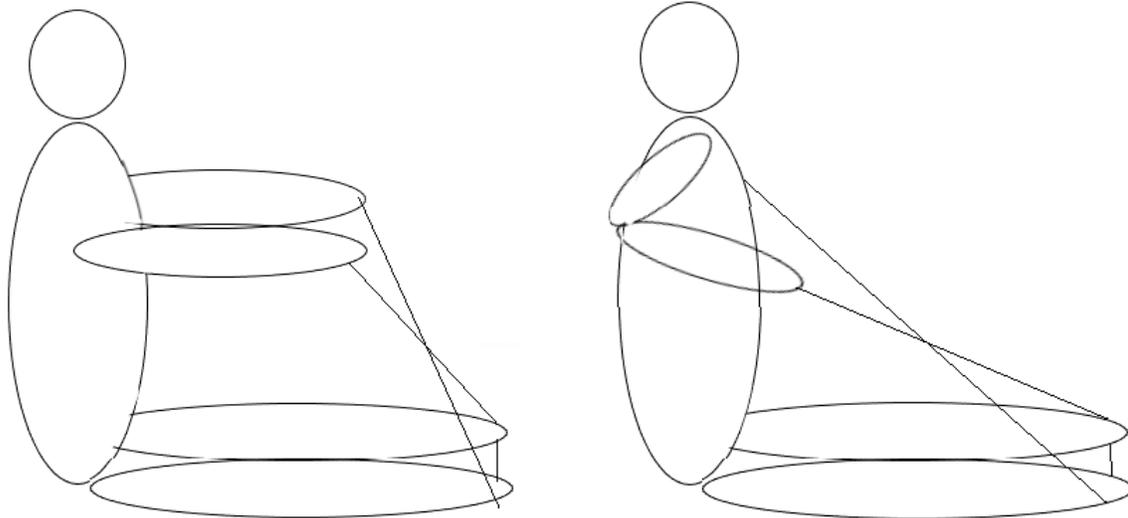
Mid Back Exercises

Strengthening:

For all of the following strengthening exercises, you will need resistance bands. If you do not have resistance bands, the exercises can also be done with dumbbells.



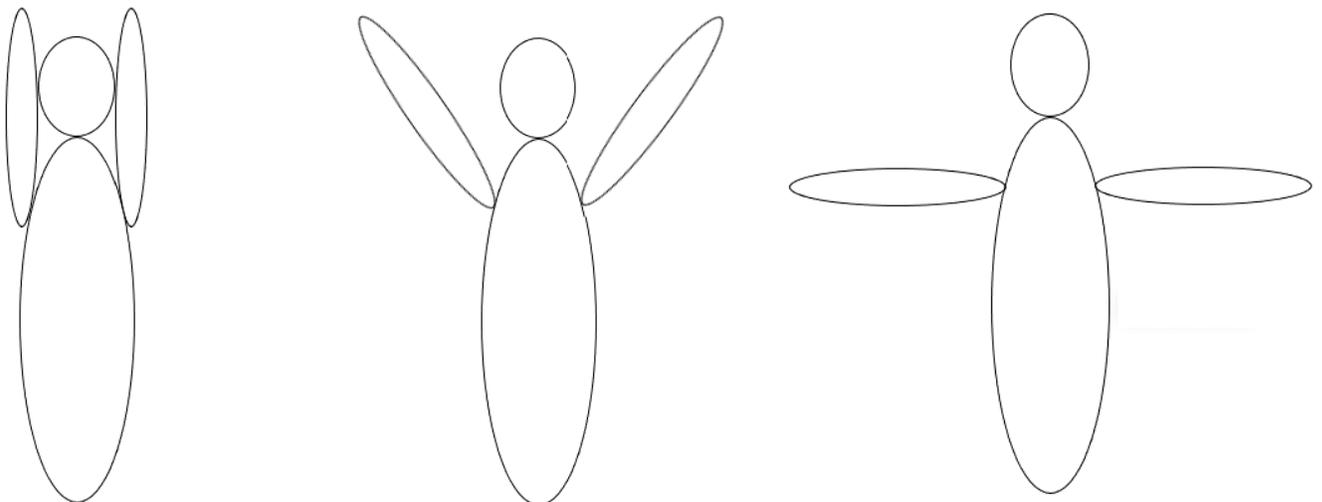
For this exercise, you are going to hold the resistance bands one in each hand. From here, start in position A (with arms at shoulder height, directly in front of you), and end up in position B (arms to the side, still at shoulder height). This is 1 repetition. Do this 10 – 12 repetitions.



For this exercise, you are going to criss cross your resistance bands around both feet. You are going to start with your arms straight, and pull back – tightening your shoulder blades together. This is 1 repetition. Do 10 – 12 repetitions.

Is, Ys, and Ts:

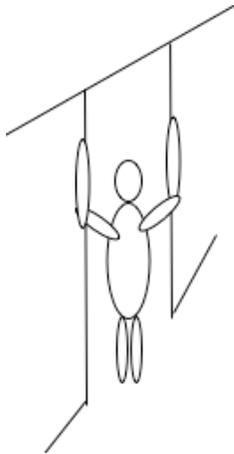
This exercise can be done in a number of ways. The one I am showing is laying down. It can also be done standing and seated.



Start with your arms on the ground, and then you raise them. As the name implies, you are making “Is” “Ys” and “Ts” with your arms. Do this 10 to 12 times per exercise.

Stretching:

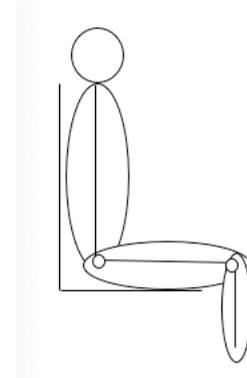
The following stretches should be done daily to help facilitate proper posture. Hold each stretch for 30 seconds. Repeat 3x/day.



-stand in a doorway with sitting both arms overhead
-this stretches pecs and opens up chest



-stand with arms stretched behind body
-this stretches shoulders and works to reverse forward rolling



-anytime you are or driving, work on proper posture. Back and neck should both touch the seat

Cat Camel:

This is another great exercise and one I would consider both a stretch and a strengthening exercise. It gets every vertebra moving while activating postural muscles and also providing a stretch. For this exercise, you start on all fours. You then perform a movement: 1 – arch your back, dropping your tummy to the floor while simultaneously bringing your neck up to the ceiling; 2 – curve your back, bringing your back towards the ceiling while simultaneously looking down.

