

Self Care Exercises

Mid-back Stretches



DISCOVER
HEALTH
chiropractic
PLLC

Discover Balance & Restore Your Health
Dr. Reanna Plancich

Modified Cobra

INSTRUCTION: Duration 1 minute

Lay face down on a floor mat with elbows bent and close to the body. Slowly start raising the head and shoulders off the ground by pressing down with the elbows. Be sure to keep your belly button in contact with the floor. Hold upper body in this arched position for a few seconds and breathe.

Part I



If you feel especially tight in the low-back, start by tightening the gluteus (bum) muscles first to protect the lower spine joints until greater flexibility is achieved .

Round your back and drop your head until you feel an upper back stretch. Alternate between position 6 times.

Part II



90° Torso Twist

INSTRUCTION:

Sit comfortably upright, with arms level to the ground (elbows bent at 90°). Start turning the torso or rib cage to one direction while keeping the head facing forward (head should not move). Focus on reaching as far back as comfortably allowed with the back arm to open up the ribcage and sternum.

Part I



Part II



Part III



Hold for a few seconds at the end, and return to neutral. Do the same on the other side. Move slowly back and fourth until both sides of the torso muscles and thoracic spine feel exercised, open and relaxed (about 5-8 repetitions per side).