

# BACK STRENGTH/STRETCH EXERCISE

## Purposes:

1. Strengthen back and neck muscles
2. Stretch tight midback if you have problems with a “rounded” back

## Set-up: CHAIR AGAINST WALL!

1. Sit erect in sturdy chair
2. Place a firm towel roll or ball behind the tightest spot in your midback

## Action:

1. Tighten your stomach, making sure to pull your ribs “down and in”
2. Hold your head erect with the chin in, looking straight ahead
3. Place your fingers loosely behind your head either
  - a. Elbows forward
  - b. Elbows out to side
4. Lean backward, pushing into the towel roll or ball
5. Hold 3 full seconds
6. Repeat \_\_\_\_\_ times
7. Practice \_\_\_\_\_ times/day

