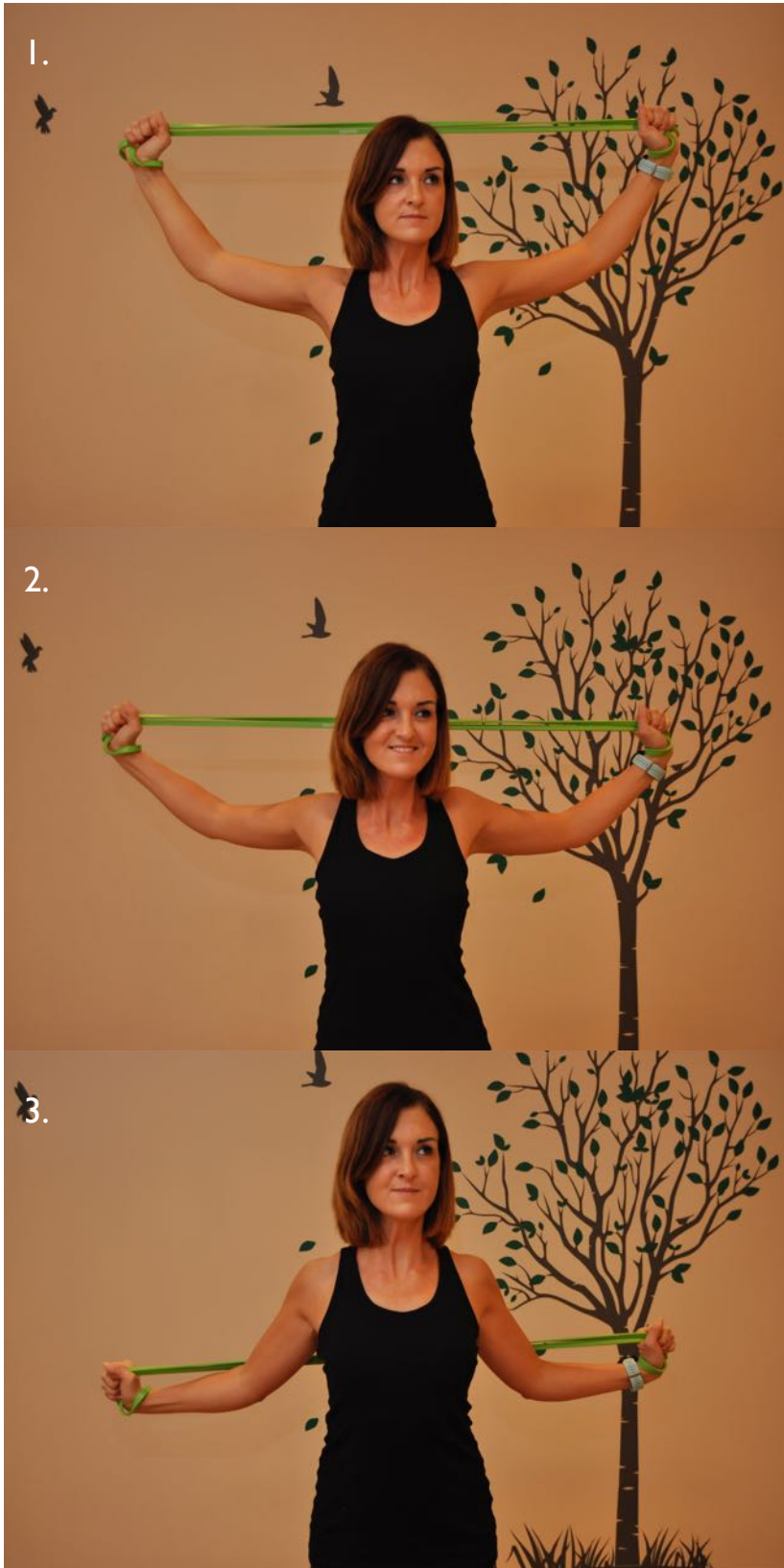


Mid back and shoulder mobility exercises - sheet 1

This is a great exercise as it uses so many different muscles. It also helps to reduce kyphosis in the spine and improve scapula (shoulder blade) position.



Exercise 1 - resisted arm pull downs

1. Using a resistance band, belt or towel. place your arms wide above your head as in picture No.1. make sure the band, belt or towel is tensioned so that it gives some resistance but isn't uncomfortable.
2. Slowly draw your arms behind your head, rolling the wrists as you do so.
3. Continue as far as is comfortable behind your back. you should feel the front of your chest being opened and stretched and your shoulder blades being drawn together.
4. Now slowly return to the starting position as in picture No.1.
5. Do 10 repetitions of the exercise.