

Mid back - mobilisation exercises - sheet 1



Exercise 1 - Seated mid-back twist

1. Using a firm based kitchen chair, or something similar, sit so the back of the chair is to the right-hand side of you, as in picture No.1
2. Place your left hand behind you, so that you can grip the seat of the chair easily (picture No.2)
3. Put your right hand on your left knee (picture No.3)
4. Breathing in lift your chest, so you are nice and tall and then whilst exhaling use your arms to gently twist your body, whilst looking over your left shoulder (picture No.4)
5. Breathing in again, you can either twist further, or de-rotate.

Remember: Only move on an exhalation and go slowly, this will protect your back.

6. Turn yourself 180° around so that you are facing the opposite direction. This will allow you to twist the other way.
7. Start the exercise from the beginning, using the opposite hand-leg combination.