

Upper Back, Shoulder, Neck and Wrist Exercises

Corner Push-ups

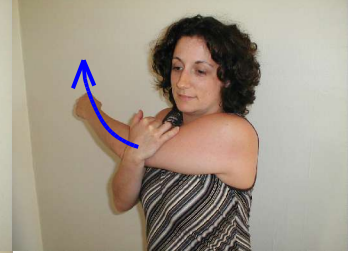


This stretches the upper chest muscle (pectorals) and helps with upper back pain. Place hands on the wall and lean as far forward as you can to stretch this.



This is a variation that many people like. Try these in the corner of the shower with hot water on your upper back and shoulders. Or, try it leaning through a door.

Upper Back/Shoulders



Hold onto the opposite elbow and pull it across your chest this time.



Hold onto the opposite elbow and pull it toward the middle so that your hand extends down your back.

Each of these exercises should be held for 15-30 seconds, then repeat a couple more times.

Neck Stretch



Head forward: gently use the weight of your arms to pull forward and down. Once comfortable, pull your head forward and gently push your head backwards (without moving it) for 3-5 seconds. Relax, bring your head forward with your hands to take up the slack, and repeat two more times.

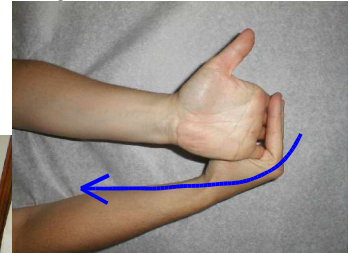
Now do this with your head to the side in the same manner. You may find other angles that create tension in the neck and upper back. Repeat this exercise for all of those angles. This may be done in a hot shower, but change the angle and be careful not to stretch too hard or you can over stretch yourself.

Upper Back/Ribs Relax

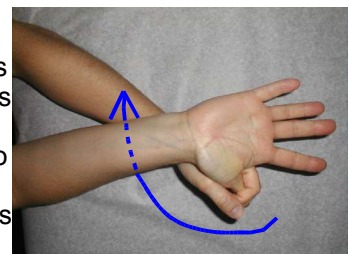


This is excellent for those upper vertebrae and ribs that hurt. Lay on your side with the painful side up. Extend your arm backwards and let gravity pull it towards the floor. Move your arm towards your head or feet to change the angle and direction of the stretch. This is a great exercise to be done first thing in the morning before you get out of bed. This allows movement of the vertebrae and ribs before they tighten up from the day.

Carpal Tunnel Stretches



With the hurting palm facing up, hold on to the fingers and pull them backwards towards the back side of your hand. Hold for 10-30 seconds.



Now hold on to your thumb from the under side and pull it across the back so as to stretch the tissue at the base of the palm. Hold for 10-30 seconds. These may be repeated many times a day to relax the carpal tunnel region.