

Exercise Program for Upper Back Pain

If you have upper back pain, performing home exercises can help you manage pain, speed healing, and prevent future flare-ups.

Movement is one of the best ways to treat back pain.

There are 5 exercises in this program: shoulder rolls, child's pose, open books, scapular squeezes, and bent over rows with dumbbells.

Start each exercise slowly. A little discomfort is normal, but stop any exercise that causes pain.

Now, let's get started.

To do shoulder rolls: stand or sit with your feet shoulder-width apart.

Shrug your shoulders up towards your ears, then slowly roll them back, and then down in a smooth, circular motion.

Repeat 10 times.

To do child's pose: Kneel on the floor and sit back on your heels.

Lean forward and stretch your arms out in front of you with your palms down. Try to keep your buttocks against your heels as much as possible.

Relax your neck and let your forehead gently rest against the floor. Reach as far in front of you as possible.

Hold for 15 to 30 seconds, then relax.

Repeat 3 times.

To do open books: Lie on your side with your head supported and your knees bent to 90 degrees.

Then reach your arms out in front of you with your hands together.

As you breathe in, bring the top arm up and over your chest, stretching within a comfortable range.

As you breathe out, bring your top arm back to the starting position.

Repeat 10 times. Then roll over and repeat on the opposite side.

To do scapular squeezes: Sit or stand up straight with your arms at your sides.

Keeping your shoulders relaxed, squeeze your shoulder blades together.

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Hold for 5 seconds, then relax.

Repeat 10 times.

To do bent over rows with dumbbells: Stand with your feet shoulder-width apart and your knees slightly bent. Hold a dumbbell in each hand with your palms facing each other.

Keeping your back straight, bend over at the hips.

Pull the dumbbells back toward your body, keeping your elbows by your sides.

Then lower the dumbbells in a controlled manner back to the starting position.

Repeat 10 times.

Talk to your healthcare provider or physical therapist about these exercises and others to help ease your back pain.