

Mid-Back Stretches

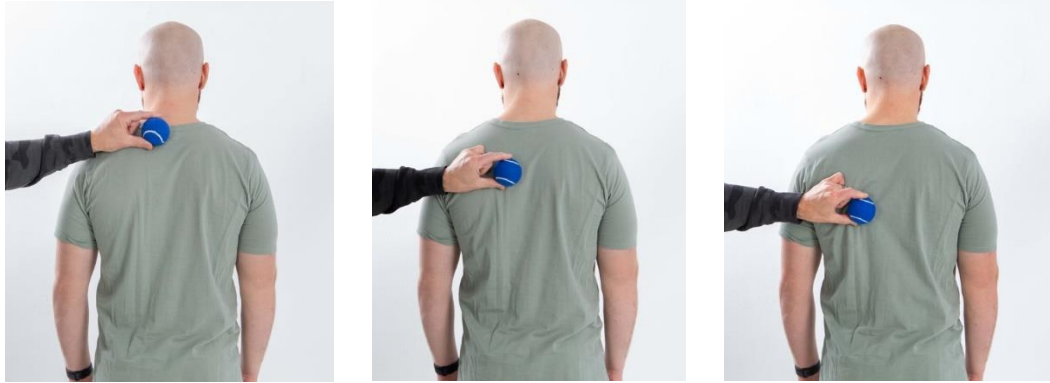
(Important to breath and relax)

1. Ball in chair



2. Foam Roller or double tennis balls or double Lacrosse balls in a sock. Put the double tennis balls or Lacrosse balls in different spots along the spine with your hands behind neck.





3. Foam Roller in your mid-back and roll back and forth and side to side.



4. Get in the quadruped position. Reach your right arm underneath and stretch the mid-back. Stretch your left arm underneath, stretch mid-back.



5. Kneel in front of the chair with your elbows on the chair. Try to extend the mid-back.



6. Kneel in the split squat position with your right side parallel to the wall and with your right leg closest to the wall on your knee with your remaining left leg on foot. Keep both arms straight out in front (level) along the wall. Rotate your left arm back to touch the wall behind you. Repeat on the other side.



7. On your knees in front of a chair. Put both elbows on the chair. Put your left hand on the right side of the neck and rotate up. Repeat with your right arm on the left side of your neck.



8. Open Book Twist - Lie on your left side and put your right leg on the foam roller. Both hands should be straight out from your body with shoulders at 90 degrees. Keep your left arm flat on the floor. Lift your right arm and reach behind you while stretching the mid-back. Eyes should follow the right arm. Put pillow under your head. Make sure to relax your breath throughout.



9. Standing windmill with overpressure - both shoulders flexion and extension. Up and down



10. Start in the quadruped position with your legs wide apart. Place your arms in front of you on the foam roller. Roll forward on the foam roller and let your chest sink into the ground while stretching your chest.

