



BACKSTRONG SPINE & REHAB

GET STRONG • BE STRONG • STAY STRONG
backstrongchiropractic@yahoo.com

Patient name:

BEGINNER PILATES FOR THE UPPER BACK

This series of exercises focuses on the upper back and shoulder blades to relieve tension in the shoulders and improve posture.

DIAMOND PRESS

Step 1

Lie on your stomach with your head resting on your hands. Make a diamond shape with your fingers and thumbs.



Step 2

Draw your shoulder blades down your back.

Step 3

Slowly raise your upper back and head. You should feel your upper back muscles working, not your lower back. You can gently brace your abdominal muscles or place a pillow underneath your stomach to protect your lower back.



Step 4

Slowly return your body to the step 1 position.

Repeat steps 2 to 4 ten times.

Did you know that the nerves that control posture are located within your brainstem?

DOUBLE ARM RAISE

Step 1

Lie on your stomach with your arms and hands flat on the floor above your head.



Step 2

Draw your shoulder blades down your back.

Step 3

Slowly raise your arms one millimetre off the floor. You should feel your upper back muscles working, not your lower back. You can gently brace your abdominal muscles or place a pillow underneath your stomach to protect your lower back.

Poor posture can shift your centre of gravity forwards affecting balance and increasing your risk of pain.



Step 4

Slowly lower your arms back to the step 1 position.

Repeat steps 2 to 4 ten times.

Good posture requires adequate strength and endurance in the upper back extensor muscles.

THE DART

Step 1

Lie on your stomach with your hands by your sides, palms facing the ceiling.



Step 2

Slide your shoulder blades down your back.

Step 3

Slowly raise your head, chest and hands very slightly. You should feel your upper back muscles working, not your lower back. You can gently brace your abdominal muscles or place a pillow underneath your stomach to protect your lower back.



Step 4

Slowly return to the step 1 position.

Repeat steps 2 to 4 ten times.

ARM OPENINGS

Step 1

Lie on your side with your hips and knees bent, hands in front of you, palms together.



Step 2

Slowly rotate your upper trunk with your top arm and head. You can follow the movement of your fingers with your eyes.



Step 3

Continue the movement until you feel a stretch in the front of your top shoulder. Avoid twisting at the hips.



Step 4

Slowly return to the step 1 position.

Repeat steps 2 to 4 ten times each side.

Exercises stimulate nerve cells in the posture centres of your brainstem.

STANDING DOUBLE ARM ROTATION

Step 1

Stand with your hands in front of you, elbows bent to 90 degrees, palms facing the ceiling. You can place some light weights in your hands. Relax your shoulders and look straight ahead.



When you learn new exercises you're not just changing your body – you're also changing your brain!

Step 2

Slowly turn your hands outwards using the muscles at the back of your shoulders. Make sure you don't lean backwards or arch your lower back.



Step 3

Slowly return your arms to the step 1 position.

Repeat steps 2 and 3 ten times.

This material is copyright © Neurogym®. Not for re-sale. Reproduction and distribution is only permitted under the Neurogym® membership terms as described at www.neurogymfitness.com.

You should seek professional advice from a relevantly qualified person to discuss any personal circumstances which may affect your ability to undertake particular exercise. Neurogym® shall not be liable for any injury caused, whether due to negligence or otherwise arising from use of or reliance on this information.
