

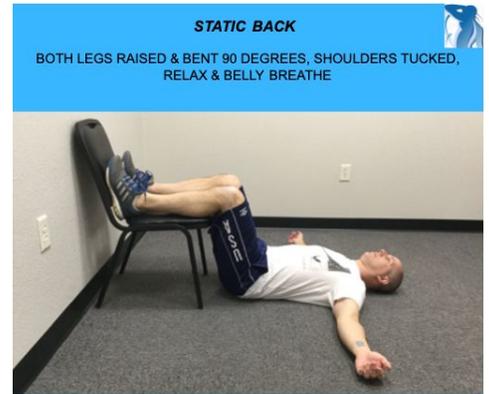
## THE START OF A COMPLETELY PAIN-FREE MID & UPPER BACK

**DISCLAIMER:** First consult your doctor to ensure no break, infection, tumor, tear or organ involvement.

If severe pain = 1 hour. For slight pain = 20 mins. At least once in the morning. Do exercises daily until pain stops for 24 hours. Once pain is gone, continue with the menu for 1 week before switching to overall supportive conditioning program. Be patient. If back has hurt 24 hours a day, initial pain relief of 10 mins to 1 hour indicates progress. If plateauing, increase repetitions.

**Static Back:** This balances hips flat on floor while pairing hip and trunk structures.

**How:** Lie on back, both legs bent 90 degrees on couch, chair or stack of pillows. Arms rest straight out, below shoulder level, palms up. Let back settle into the floor. Focus on belly-breathing, stomach rising on inhale & fall on exhale. Hold position up to 10 minutes.



**Reverse Presses:** This gets the shoulders out of forward position.

**How:** Lie on back, both legs bent 90 degrees on couch, chair or stack of pillows. Arms straight out with elbows bent. Squeeze shoulder blades together by pressing elbows straight down into floor. Don't jerk. Focus on shoulder blades coming together. Hold for a moment and release. Repeat 15x.



**Pullovers:** This reminds the shoulder ball and socket joints that it is not exclusively a hinge.

**How:** Lie on back, both legs bent 90 degrees on couch, chair or stack of pillows. Clasp hands together tightly, and extend elbows straight to the ceiling. Without bending elbows, lower clasped arms over head, either to the floor or as far as they will go without bending. Then return to starting position. Relax your ab muscles, and don't rush. Repeat 15x.



These exercises have been proven in practice at Lovett Chiropractic  
<https://www.LovettChiro.com/Back-Relief>

## Upper and Middle Back Relief Continued (Page 2/2)...

**Floor Block:** Runs ball and socket functions of arm and shoulder through full range of motion.

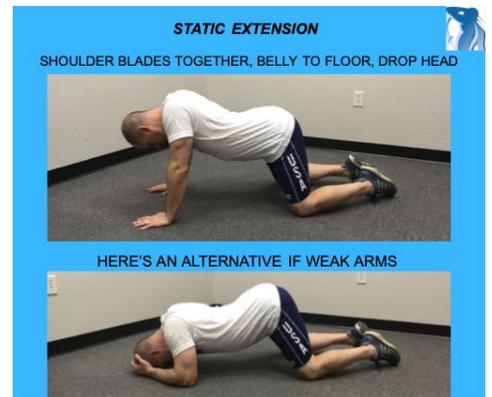
How:

- 1) **First arm position:** Lie on stomach, face-down, arms overhead, elbows straight, feet pigeon-toed. Rest arms at the wrists on 6-inch pillows, rotate arms and shoulders outward. Pigeon-toe feet. Forehead on floor. Neck, shoulders, buttocks, and stomach relax. Let hips fall forward into the ground. Hold for 1 minute.
- 2) **Second arm position:** Body lying in same position. Slide arms with pillows to 45 degrees. Remember to rotate arms and shoulders outward. Pigeon-toe the feet. Hold for 1 minute.
- 3) **Third arm position:** Body lying in same position. Slide arms with pillows to 90 degrees. Hold for 1 minute.



**Static Extension:** Turns off compensating hip muscles, restores the normal low back arch.

How: Kneel on all fours with shoulders directly over hands. Let back and head relax toward the floor so the shoulder blades come together. As you relax, let belly button push toward floor so there is a pronounced arch in your back. Keep elbows straight, and shift your hips forward 6-8 inches in front of knees. Hold 1 minute.



**Door Squat:** This balances lower-body muscles and structures, while the top is under proper vertical load.

How: Hold onto door frame, bend knees, hinge hips. Arch low back forward. Keep torso straight and vertical. Arms straight. Hold 1 minute and repeat.



If You Would Enjoy More Tips,



Scan The QR Code Now!

These exercises have been proven in practice at Lovett Chiropractic  
<https://www.LovettChiro.com/Back-Relief>