



# Upper Back and Shoulder Posture Exercises

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Here are 6 very simple exercises that can be used to combat an increased mid back curve and rounded shoulders. They also with building strength to hold upper back and rib alignment better. Rounded upper back and shoulder posture is very common as more of us spend hours looking down at our phones, working on laptops from home, doing sports that work our chest more than our upper back, etc. These exercises use no equipment other than a towel and an optional yoga mat for hard floors.

## Standing Exercises

- 1- Towel Pull** - Hold the ends of a hand towel with each hand with your elbows at your sides bent 90 degrees. Pull the towel as hard as you can and raise your hands above your head keeping your elbows in and locked at 90 and then lower back to your side - Repeat 20-30 times
- 2- Towel Slides** - Wrap the hand towel around one hand. Standing with your shoulder and side of your arm against the wall push the back of your hand into the wall and not allowing your elbow to touch the wall now raise your arm straight up the wall then back down. It should be difficult to do, repeat 20-30 times then do the other arm.
- 3-Wall Angels** - With your lower back and shoulder blades flat against the wall and your feet out in front of you, keep your arms and back of your hands against the wall and do snow angel movements against the wall. Repeat 20-30 times. For a more advanced move do this laying on your stomach on a mat.

## Floor Exercises

- 4- Thread the needle** - Kneeling on a mat on your elbows- Lift your right hand off the mat and move it into the space under your left armpit with your palm facing up and rotate your upper back to push your hand as far as you can, then pull your hand out and rotate your spine the opposite way bringing your hand up to the sky and rotate as far as you can. Do 20-30 of these and repeat on the opposite side
- 5- Y -W -T raises** - Start by laying on your stomach on a mat with your thumbs up to the ceiling. With your elbows straight and arms above your head at 45 degrees (forming a Y with your body) lift both arms off the floor as high as you can. Repeat 20-30 times. Repeat with your elbows bent and upper arms below your shoulders (forming a W with your arms). Repeat again with your arms straight out from your body (forming a T), if you can't keep your thumbs pointing up for this one have the back of your hand face the ceiling.
- 6- Alternating Supermans** - Laying on your stomach with your arms straight above your head (like Superman flying), Lift your right arm and left leg up towards the ceiling and hold for a second and lower back down, then your left arm and right leg, then both arms and legs. Repeat the cycle of three movements 20-30 times.