5 MINUTE WORKOUT SERIES

HINDMARSH AND FITZROY PHYSIOTHERAPY

281 Port Rd Hindmarsh
Ph 8346 2000
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5 MINUTE UPPER- MID BACK PAIN WORKOUT

Welcome to our 5 minute workout series.

Mid back or Thoracic back pain and stiffness is common throughout life and is usually prevalent without any serious underlying cause. However there are some conditions that must be excluded so it is important to see a health professional if it is sudden, persistent or severe.

There are any many factors influencing Thoracic back pain. For example there is a higher prevalence for Thoracic back pain in children and adolescents, and females more than males. Interestingly lower management male office workers and upper management female office workers are more susceptible as well.

The mid back has a predisoposition to stiffness and these exercises are more specific to target this area.

Most people understand that strength and flexibility are important components of a healthy back and need to be part of your upper- mid back exercise program. This 5 minute workout is designed to help to reduce pain, improve your mobility and start to strengthen the muscles. But it's important that you exercise your back with safety and care. Be gentle if you have any type of injury or health concern. If you are suffering from considerable pain, pins and needles, numbness or weakness in your arms or legs please seek the advice of your health professional first.

Our Physiotherapists are first contact health professionals for the assessment and treatment of spinal pain. A GP referral is not required for private patients and we would be delighted to help you get moving again if you have been impacted by your mid back pain or stiffness.

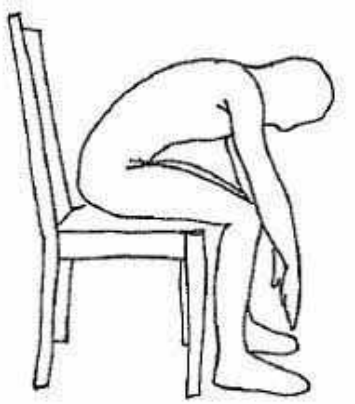
We have many free resources to help with the management of musculoskeletal problems. Our Blogs is a good starting point

You are welcome to downlaod our free resources here

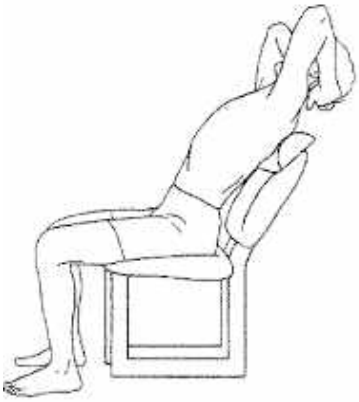
HERE WE GO... OUR 5 MINUTE MID BACK WORKOUT

You don'tneed to do all of these Exercises everyday-
Just do what you can in 5 minutes and mix them up each day

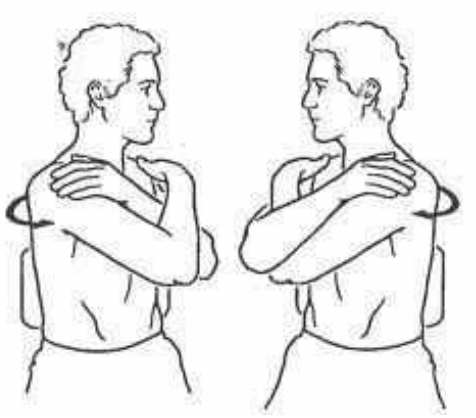
MOBILITY AT WORK 5-10 reps each



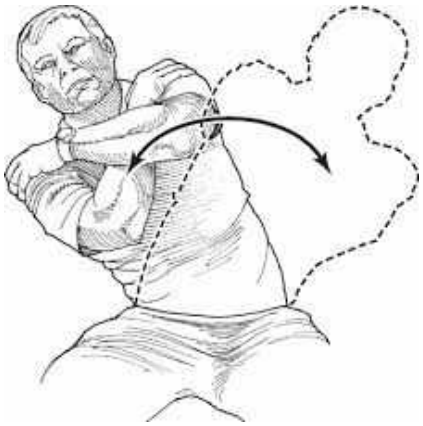
Forward Flexion
Sit in a chair with hands behind neck and slowly curl forwards- trying to get your chin to your navel. if you have painful shoulders keep arms forward. Return to upright position.



Backwards Extension
Sit in a chair and hands behind your head slowly extend backwards over the chair and then return to the upright position.



Rotation
Cross your arms across your chest, rotate your upper body around to the right and then the left



Sideways Bend
Hands behind your head and bend sideways to the right and the left.

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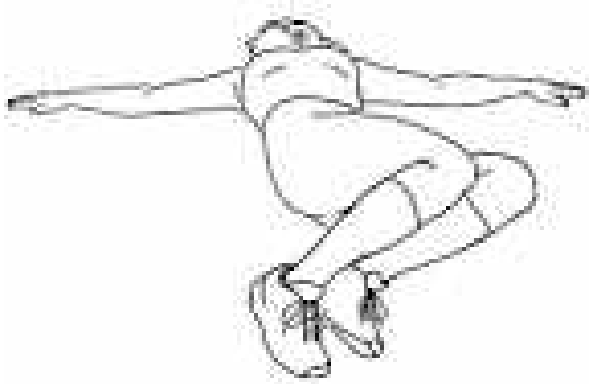
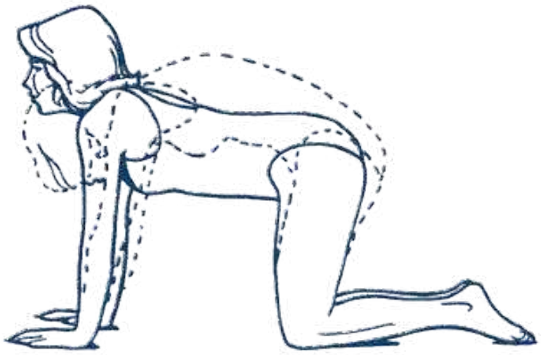
MOBILITY AT HOME

Open Book

Lie on your side on the floor with your arms outstretched and together in front of you at shoulder height and your knees bent and together on the floor. Slowly raise your top arm and rotate until you touch the floor behind you, whilst keeping your knees on the floor. Make sure you try and rotate your head and neck too to look to your top hand.





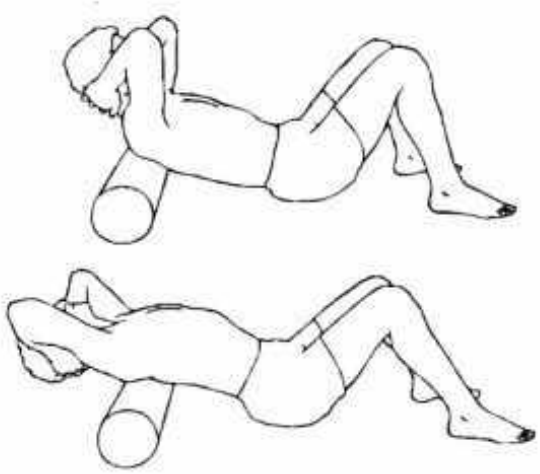
Cat Stretch

On hands and knees, push your mid back up to the ceiling. Lower and relax chest to the floor. Repeat 20 times slowly

Thoracic Extension

Lie on the floor with a rolled up towel or bolster lengthways or horizontal under your mid back. Slowly take your arms over your head and stretch.

If any possibility of osteoporosis do not do without Physio Advice.



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Childs Pose +/- Rotation

Sit back on your heels and stretch forwards with both arms and chest towards the floor. Hold 10 seconds.You can add in rotation by placing your hand under towards your opposite knee and hold that stretch.

STRENGTHENING Try 8-10 reps then build up to 3 sets of 10

Lat Press

Lying on floor with knees bent, upper arms next to body and forearms vertical
Push your upper arms down to the ground and lift chest upwards keeping torso in a straight line .

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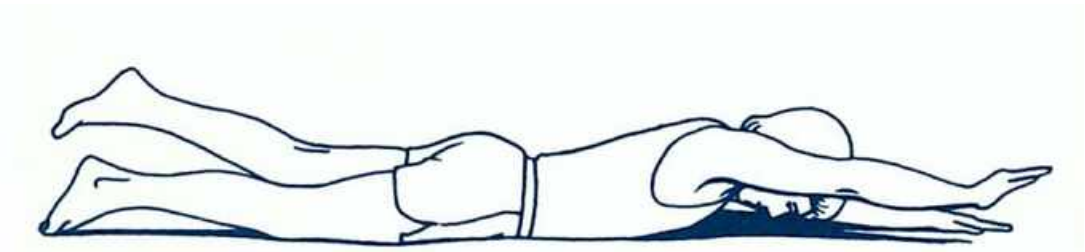
Alternate Arm and Leg Lifts

Lie on the floor on stomach,lift opposite arm and leg hold for 3-5 secs then lower and repeat with opposite side. Keep knee and elbow straight.



Bilateral Arm Abduction in Prone

Lie on the floor on stomach, raise both arms off floor- can add small weight. Keep elbows straight

Bilateral Scapula Retraction

Using theraband attached in front, pull arms back, bringing shoulder blades together

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WHAT NEXT?

If You're Needing Some Support To Get Back Into Life !

Looking for more- or maybe just need some help, motivation and support.
Exercise classes that incorporate strengthening and stretching with a focus on the abdominal core are ideal for those who suffer from back pain symptoms.

Our individually tailored Back to Life classes emphasize flexibility and endurance along with strength and many exercises can be continued at home without any special equipment. We understand how hard it is to start exercising after a period of inactivity or juggling other health issues, time constraints and family responsibilities.

With help from our experienced Physiotherapists, our classes can help people with Mid back pain. Join our dedicated back classes or any of our Physio exercise classes can accommodate a tailored back/ general flexibility and fitness progam as needed.
More information can be found at **back-into-life-exercise-classes** or call our Clinics and ask to speak with Sara.

For **a phone friendly version** of our 5 minute MIDBACK workout just **click here**
We are passionate about providing our patients and community with information on prevention and management of many conditions.

This PDF is not intended as a substitute for medical advice or treatment and should not be interpreted as such. Always seek advice from a qualified medical professional and use of this information is at your own risk