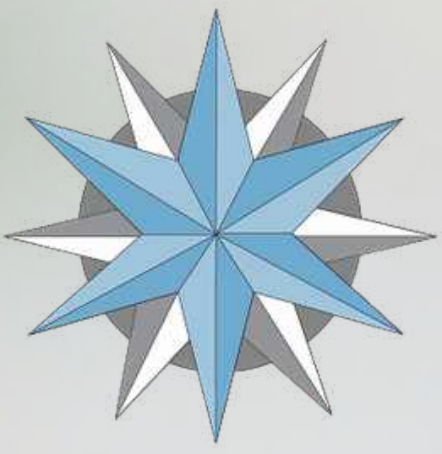




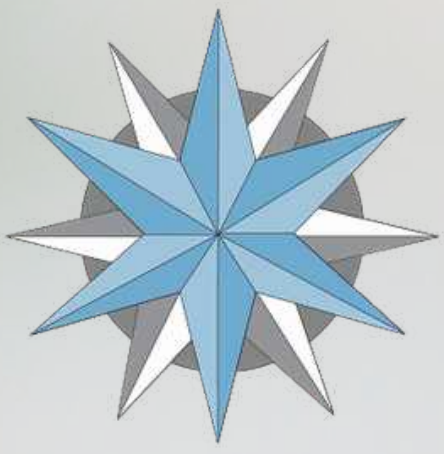
HINDMARSH & FITZROY PHYSIO

5 MINUTE MID BACK WORKOUT

Be gentle if you have any type of injury or health concern.

If a fitness routine causes moderate or severe pain or symptoms that last longer than 15 minutes, you should end the exercise and check in with your Physio or health professional.

Ph 83462000 and 83422233

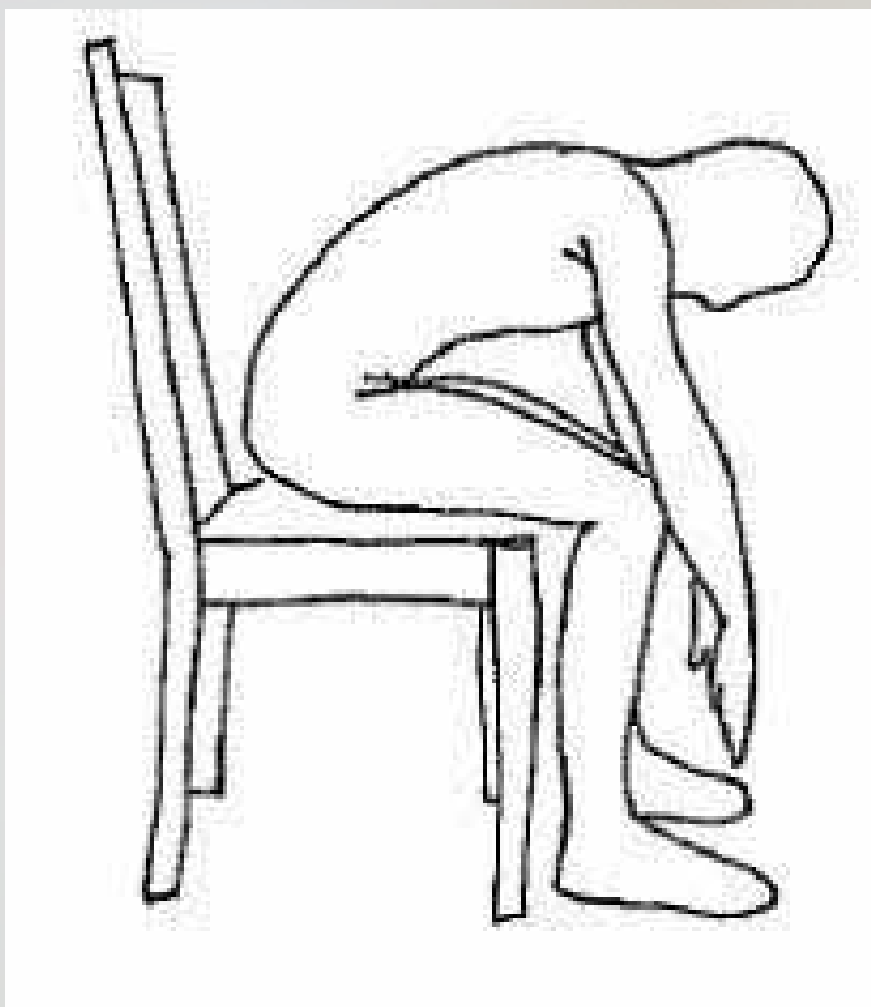


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MOBILITY AT WORK

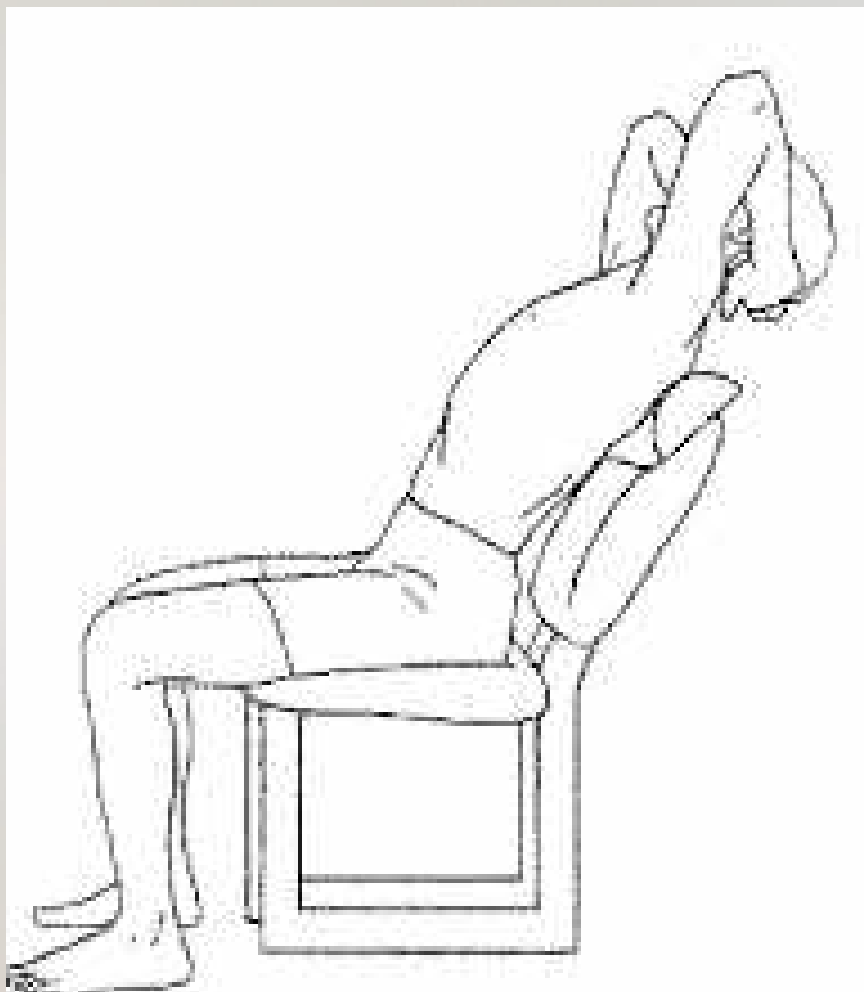
Forward Flexion

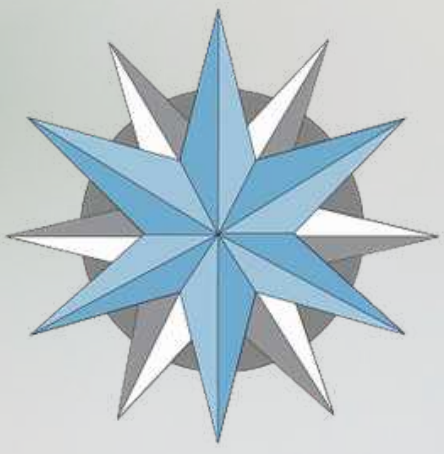
Sitting bring elbows towards knees or hands towards floor



Backwards Extension

Slowly extend backwards over the chair then return to upright

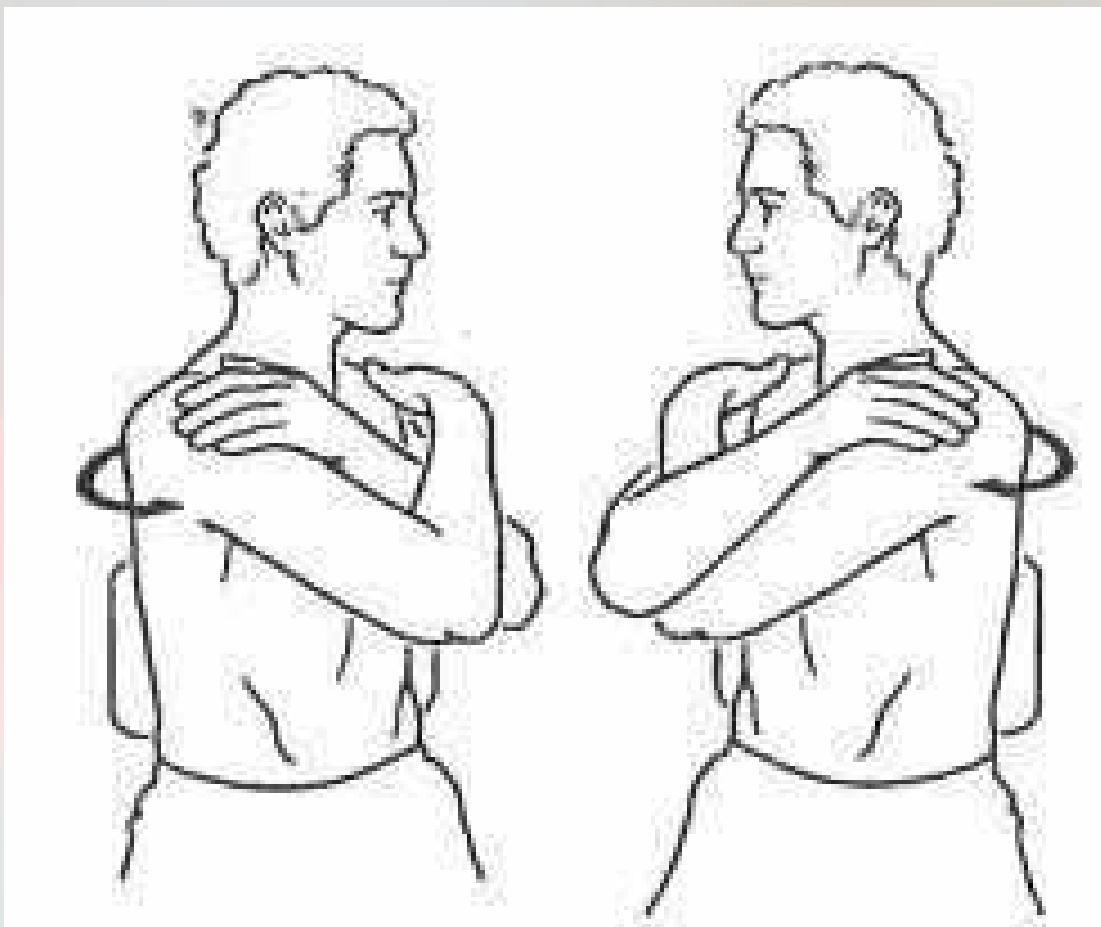




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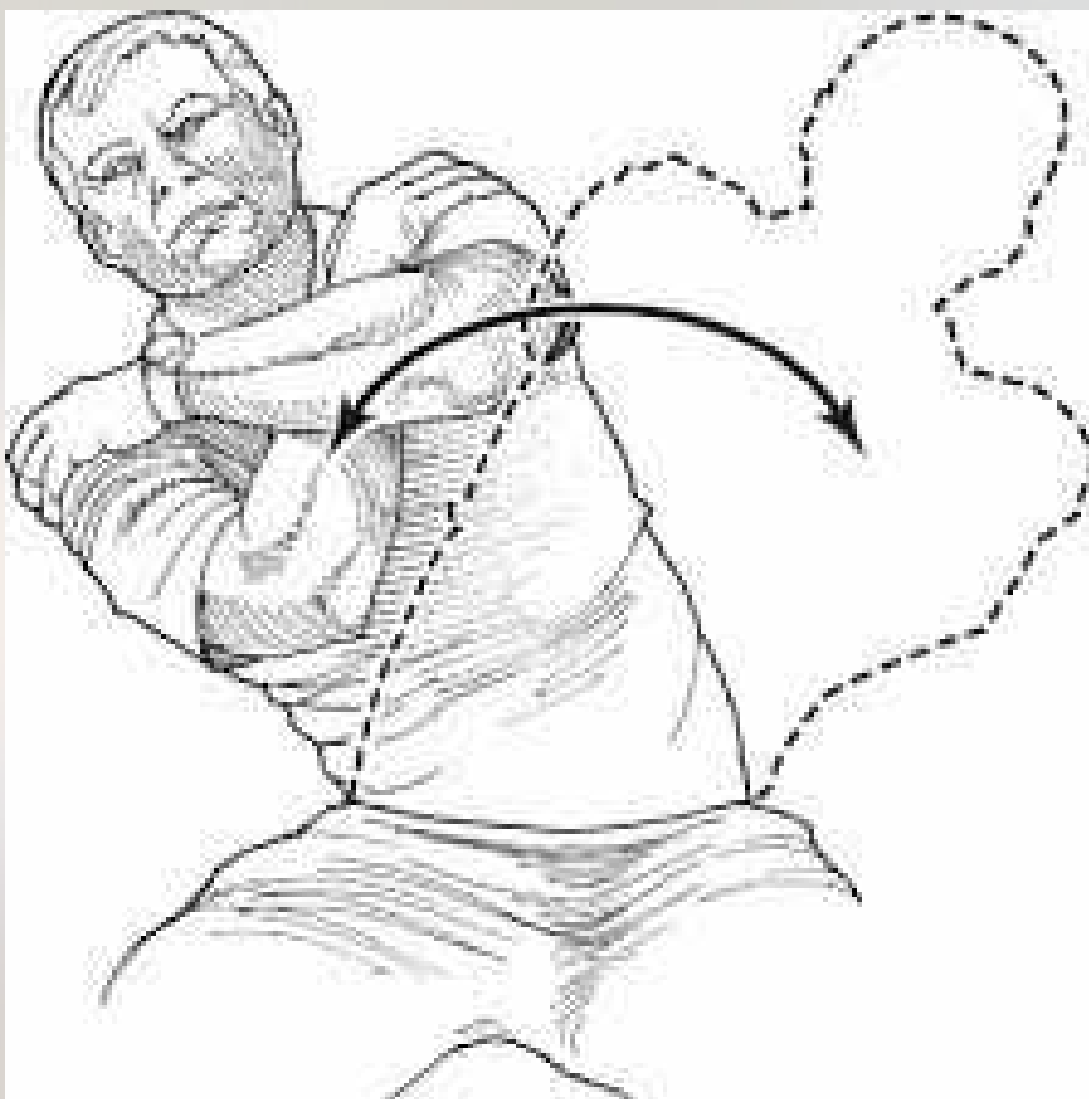
Thoracic Rotation

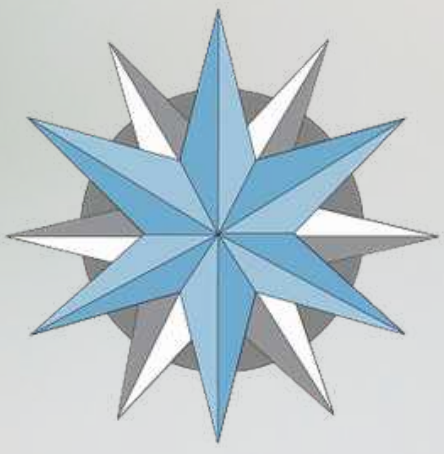
Cross your arms across your chest, rotate your upper body around to the right and then the left



Sideways Bend

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



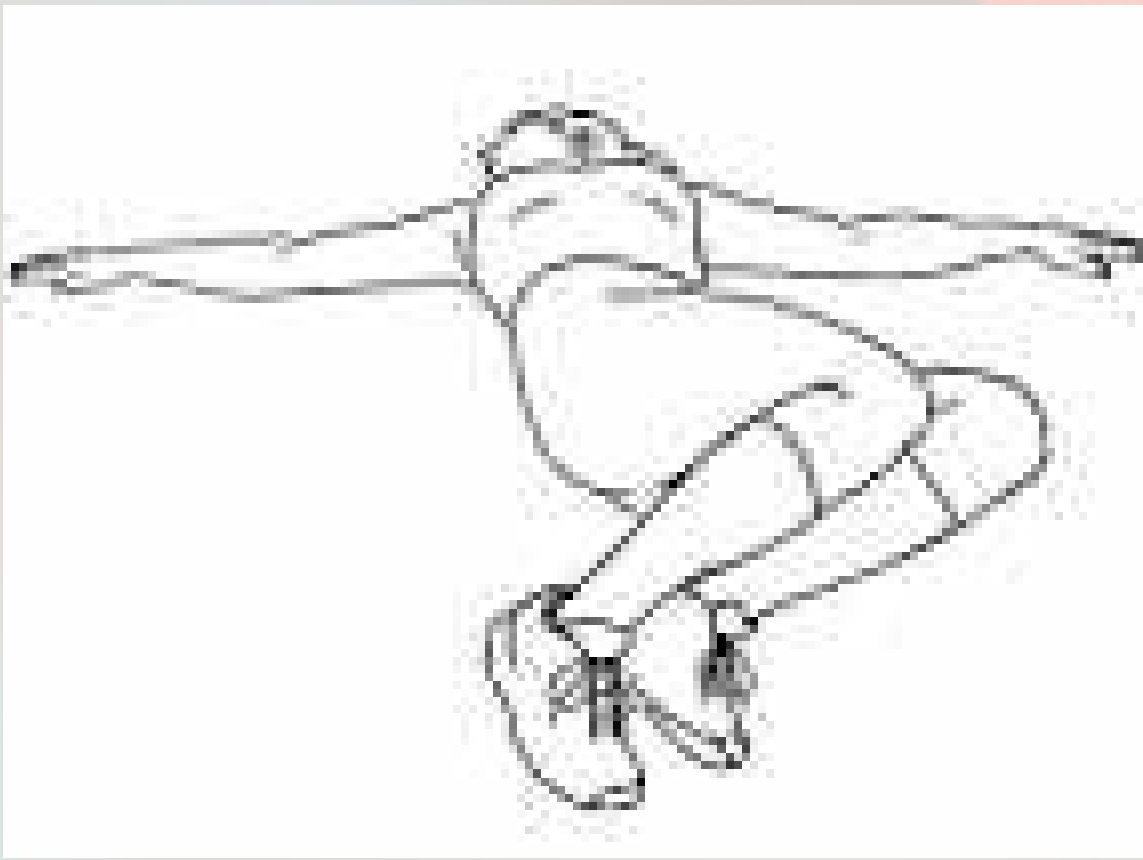


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MOBILITY AT HOME

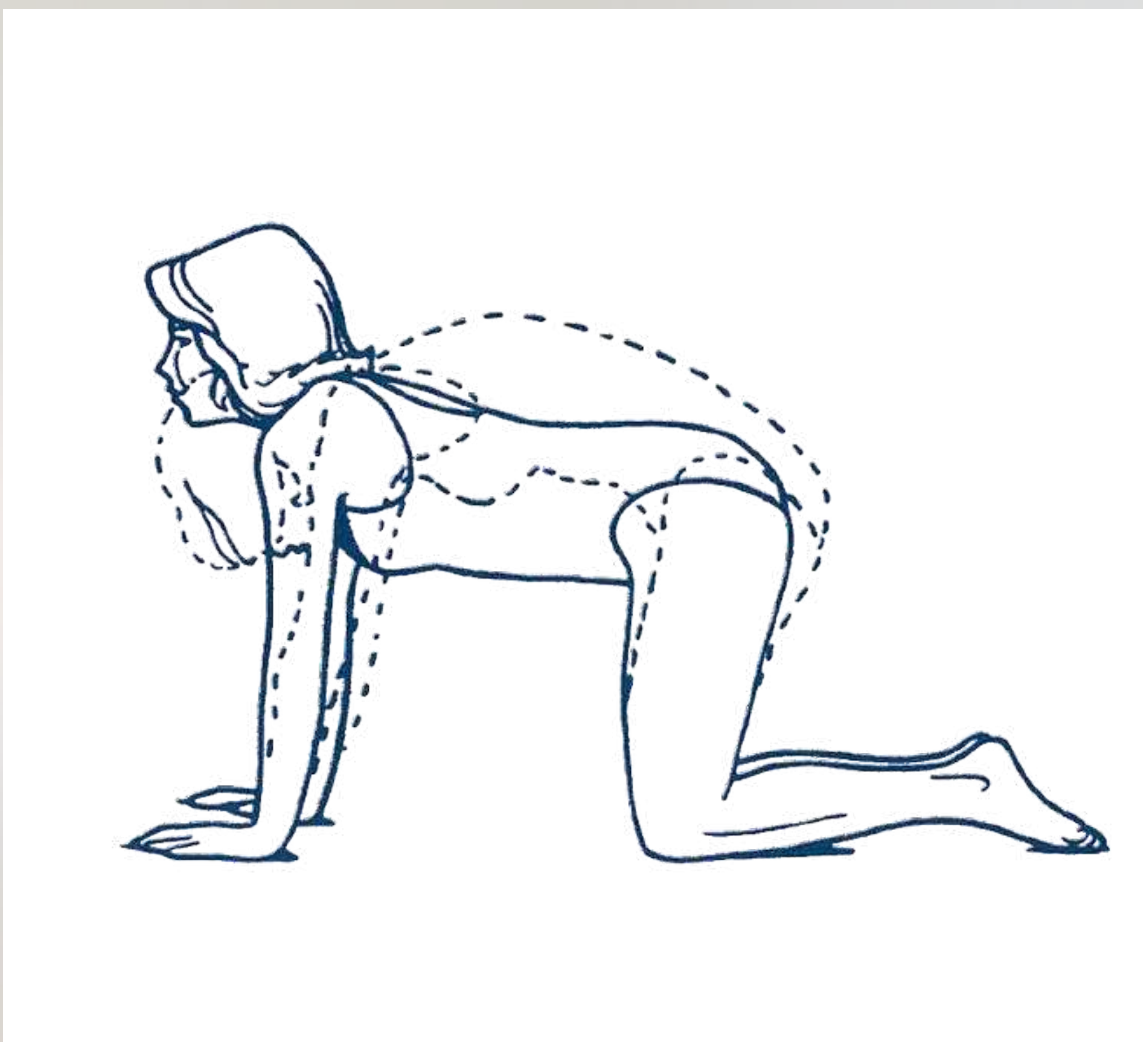
Open Book

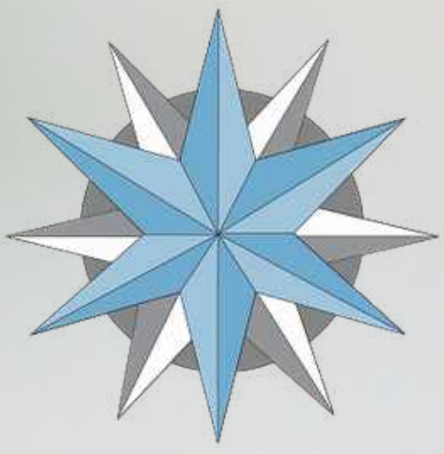
Lie on your side and raise your top arm and rotate until you touch the floor behind you, whilst keeping your knees on the floor.



Cat Stretch

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

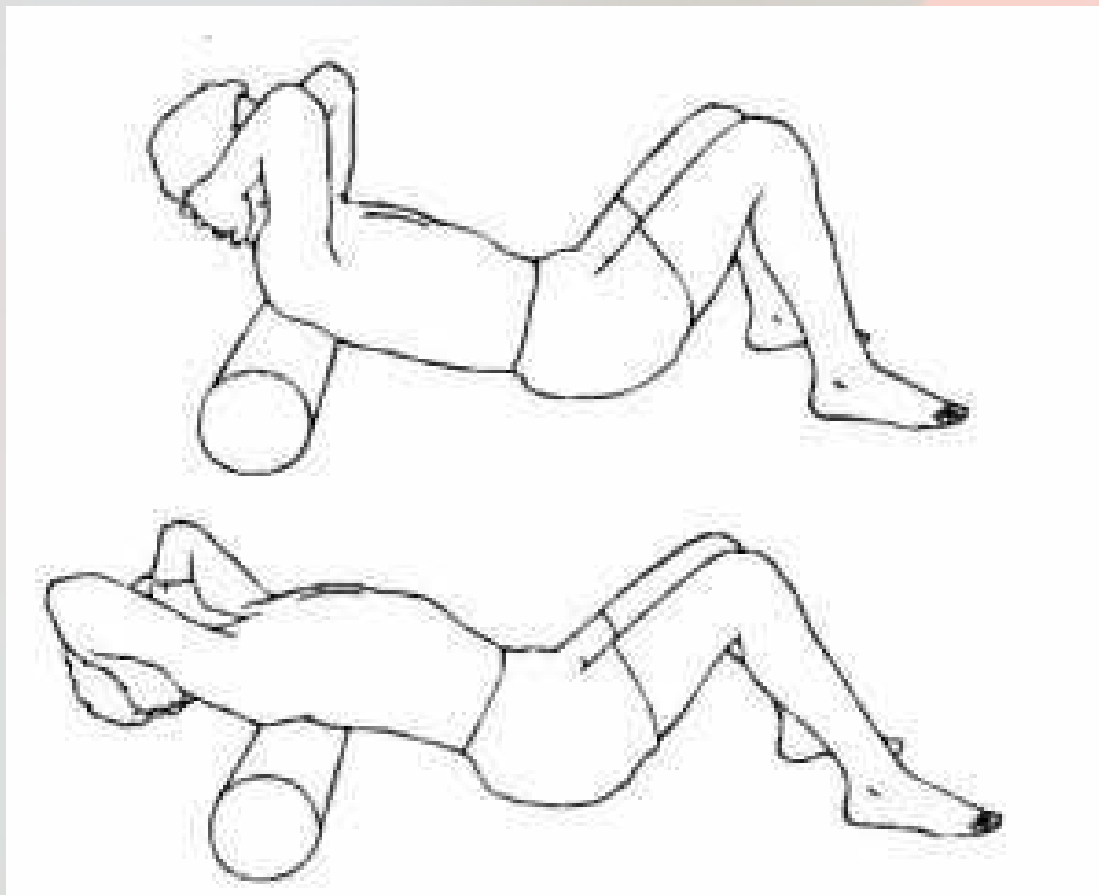




HINDMARSH & FITZROY PHYSIO

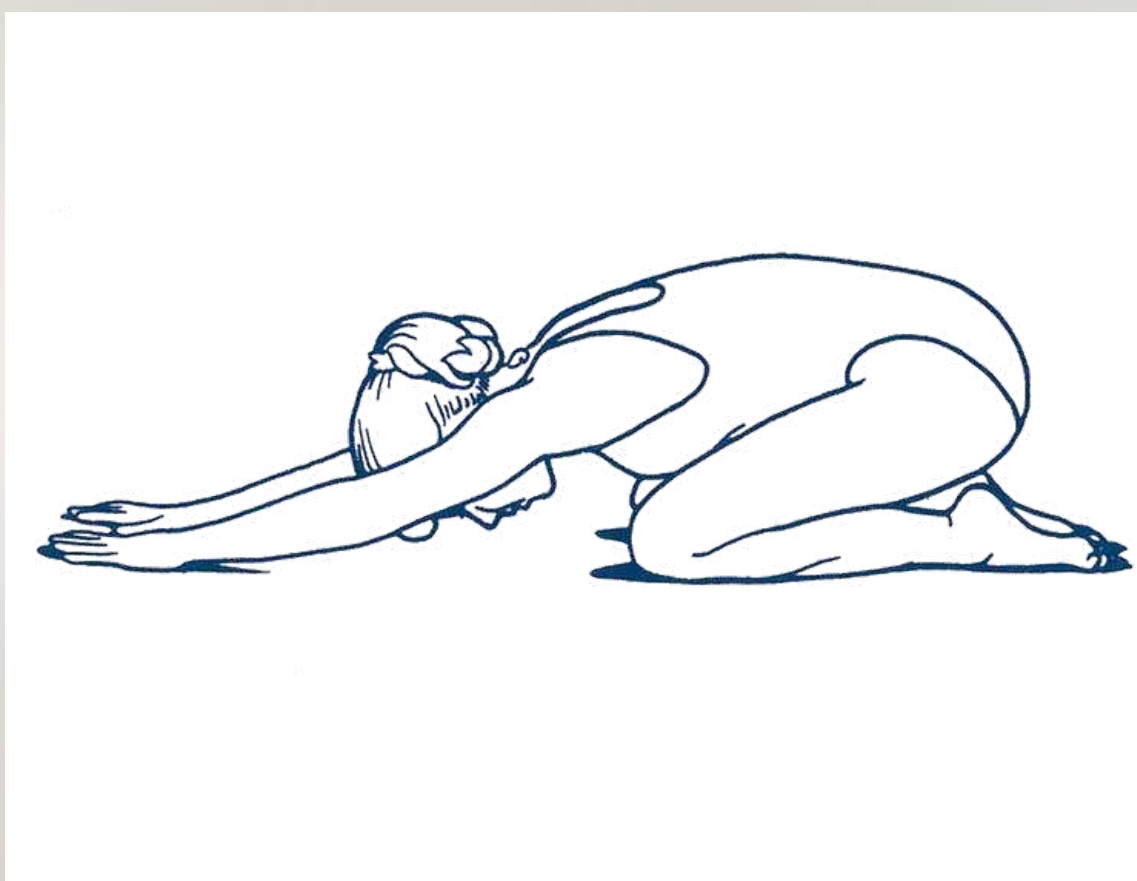
Thoracic Extension

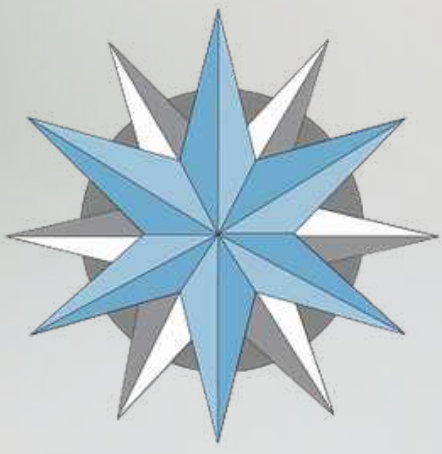
Lie on the floor with a rolled up towel or bolster lengthways or horizontally under your mid back. Slowly take your arms over your head and stretch.



Childs Pose +/- Rotation

Sit back on your heels and stretch forwards with both arms and chest towards the floor. Rotate under for rotation





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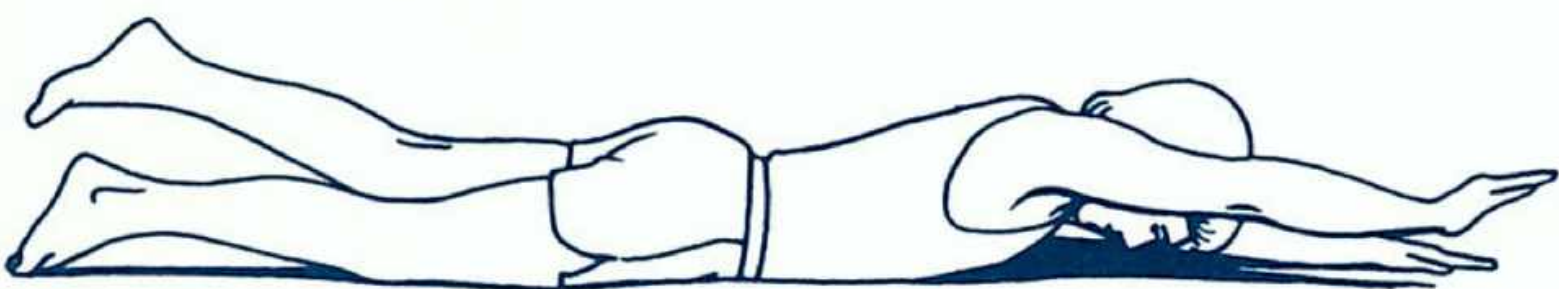
STRENGTHENING

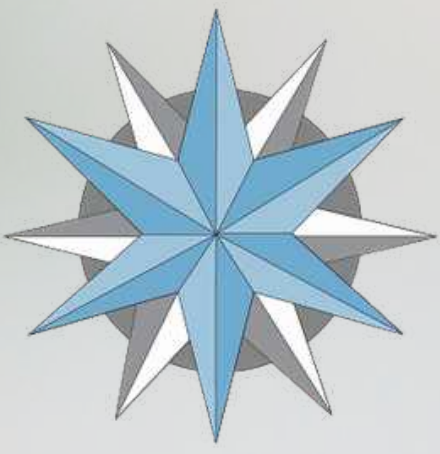
Lat Press Lying on floor. Push your upper arms down to the ground and lift chest upwards keeping torso in a straight line .



Alternate Arm and Leg Lifts

Lift opposite arm and leg hold for 3-5 secs then lower and repeat with opposite side. Keep knee and elbow straight.

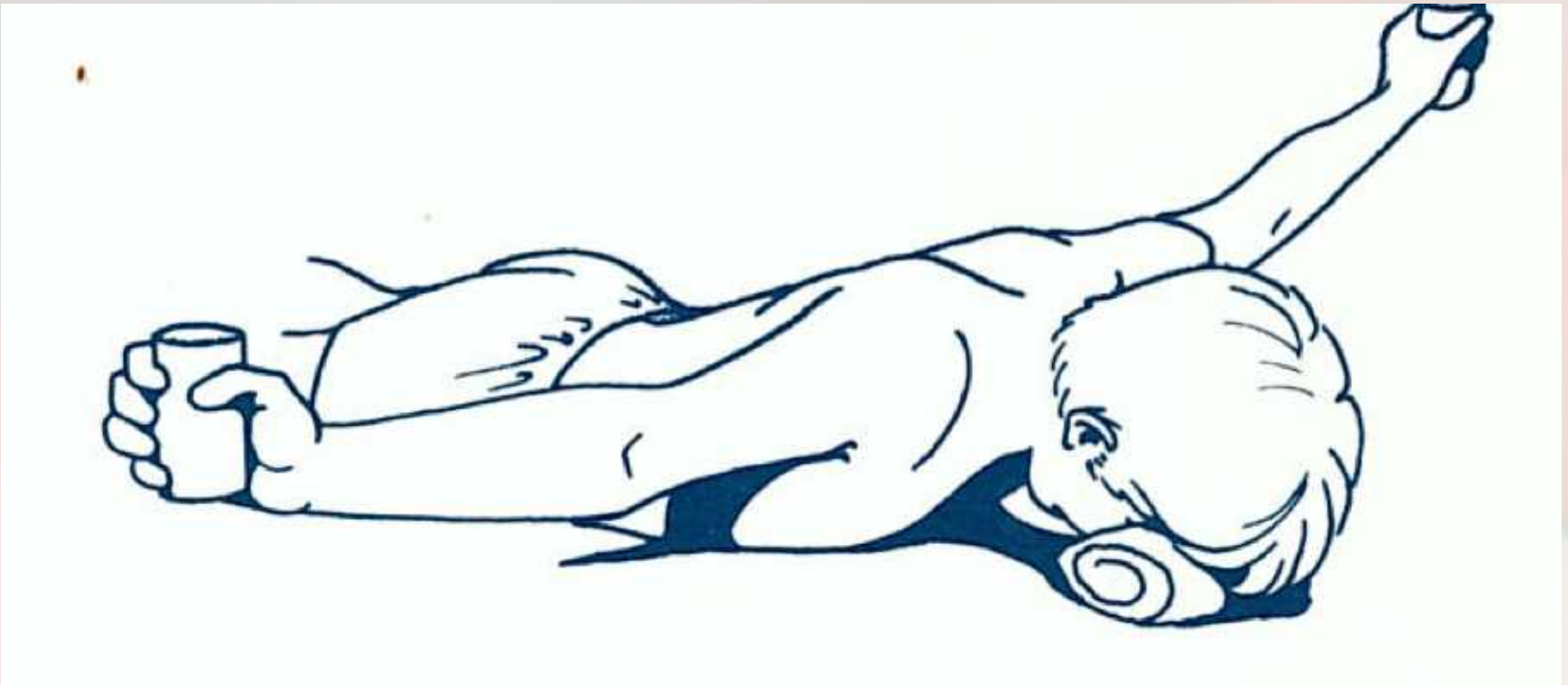




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Bilateral Arm Abduction in Prone

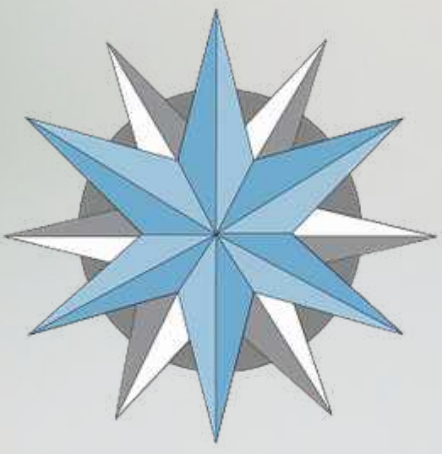
Lie on the floor on stomach, raise both arms off floor- can add small weight. Keep elbows straight



Bilateral Scapula Retraction

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





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

Our individually tailored Back to Life classes emphasize flexibility and endurance along with strength. Many of the exercises are designed to be continued at home without any special equipment.

Join our dedicated Back Classes or any of our Physio exercise classes can design an individual Back / general flexibility and fitness program as needed.

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