

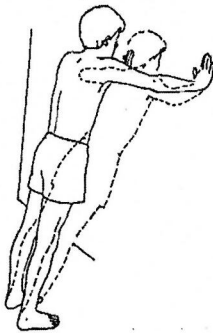


Midback Stabilization Exercises

Purpose: These exercises will strengthen the midback (between and underneath the shoulder blades) which will contribute to improved posture and decreased pain by decreasing strain on the spine.

- Instructions:**
1. Do only the exercises indicated and instructed by your therapist.
 2. **Maintain the DLC.**
 3. **Do not allow your shoulders to shrug up while doing the exercises.**
 4. Exercise 3x/week, not 2 days in a row, performing instructions from your therapist.
 5. Stop if pain symptoms significantly worsen and consult your therapist.
 6. Complete **20 slow repetitions** of each exercise or a maximum of **2 minutes** as indicated with good control.
 7. **Progress to the next level when able to complete 20 repetitions or 2 minutes without high fatigue.**

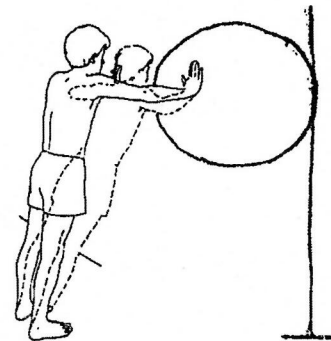
1. Straight Arm Push-ups: Maintain DLC



Level 1: Place your hands on the wall and feet away from the wall enough that you are leaning forward slightly. Keep elbows straight but **not locked**. By moving only the shoulder blades, allow your chest to move toward the wall, pause, and then push your chest as far away from the wall as you can.

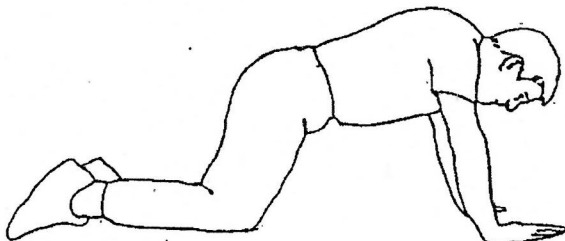
Do not allow shoulders to shrug up. 20 reps.

MODIFICATION: Keep your hands fisted and wrists neutral if you have wrist/thumb pain or carpal tunnel.

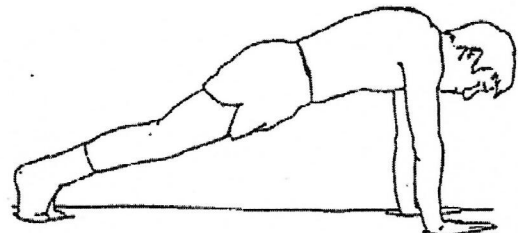


Level 2: Use Level 1 positioning but place hands on a Swiss ball against the wall at shoulder level. Keep elbows straight but **not locked**. By moving only the shoulder blades, allow your chest to move toward the wall, pause, and then push your chest as far away from the wall as you can. **Do not allow shoulders to shrug up.** 20 reps.

MODIFICATION: Hold your hands with palms flat on the sides of the ball so that wrists are neutral if you have wrist/thumb pain or carpal tunnel.



Level 3: Position yourself on your hands and knees. Keep your spine in a neutral position. Keep elbows straight but **not locked**. Allow your chest to move toward the floor, pause, and then push your chest as far away from the floor as you can. 20 reps.



Level 4: Place your hands on the floor directly beneath your shoulders. Keep your spine in a neutral position. Keep elbows straight but **not locked**. Allow your chest to move toward the floor, pause, and then push your chest as far away from the floor as you can. 20 reps. **ADVANCE** by adding a full push-up with each rep.

2. Reverse Wall Push-ups: Maintain DLC

Level 1: Stand with your head and back against the wall and your feet 8-12 inches away from the wall (or further away for more challenge) and your knees slightly bent. You should be leaning back slightly into the wall. Hold your arms at your sides with your elbows bent to 90 degrees. Push your elbows into the wall. Your elbows should not slide on the wall. Hold for 10 seconds. 6-12 reps.

Level 2: Begin in the same position, now push your body forward by pushing your elbows into the wall. Your hips should be in line with your shoulders. Your elbows should not slide on the wall. Hold yourself away from the wall for 10 seconds. 6-12 reps.

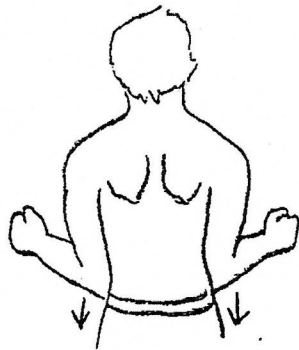


Level 1

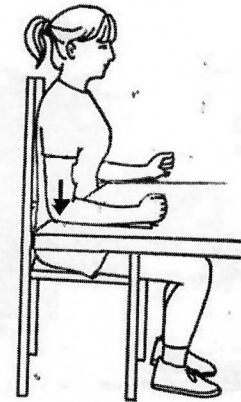


Level 2

3. Scapular Depression: Maintain DLC



Level 1: Sit or stand (one foot forward if standing) with good posture. Bend your elbows to 90 degrees and push your elbows straight down toward the floor. Hold for 10 seconds. 6-12 reps.



Level 2: Sit with your forearms on a table in front of you. Squeeze shoulder blades down and push your arms into the table as if attempting to lift your body. Hold for 10 seconds. 6-12 reps.

4. Postural Exercises: Maintain DLC



Exercise A

- Stand against the wall with feet 6"-8" away from wall.
- Keep elbows straight and arms/hands against the wall.
- Maintaining a slight backward pressure against the wall, slowly raise arms out the side until reaching the positions of 10 o'clock and 2 o'clock
- STOP raising your arms if you cannot keep your shoulders from shrugging, and complete in a shorter motion.
- Repeat 12-20 reps.



Exercise B

- Stand against the wall as in exercise A
- Press head, back, and hips against the wall
- Place arms/hands against the wall at shoulder level, and avoid shoulder shrugging.
- Keep contact with the wall, by maintaining a slight backward pressure with your arms, as you bend your elbows to 90 degrees then straighten.
- Repeat 12- 20 reps.