

Do-It-Yourself and Heal-Yourself.

Acupressure points and exercises, recommended
for Upper Back Pain Relief.

2013

Upper Back Pain



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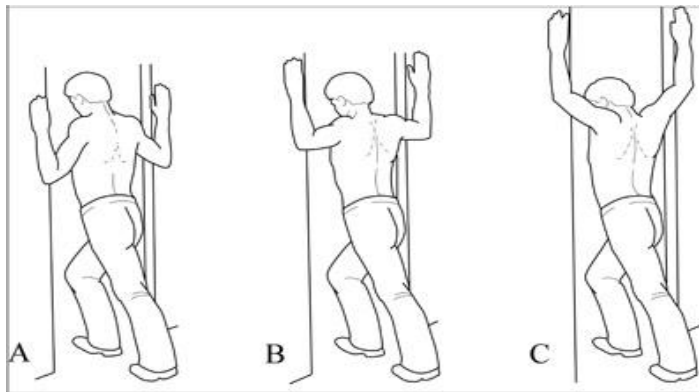
Upper Back Pain Rehabilitation Exercises

Do-It-Yourself and Heal-Yourself. Acupressure points and exercises, recommended for Upper Back Pain Relief.

With our daily lifestyle, now a day, 3 out of 5 person is suffering from back pain. It is not so hard to recover from, with simple routines in our daily activity will help us heal from this pain.

Do not delay; you may do all of these exercises right away.

Pectoralis stretch



Stand in a doorway or corner with both arms on the wall slightly above your head. Slowly lean forward until you feel a stretch in the front of your shoulders. Hold 15 to 30 seconds. Repeat 3 times.

Thoracic extension



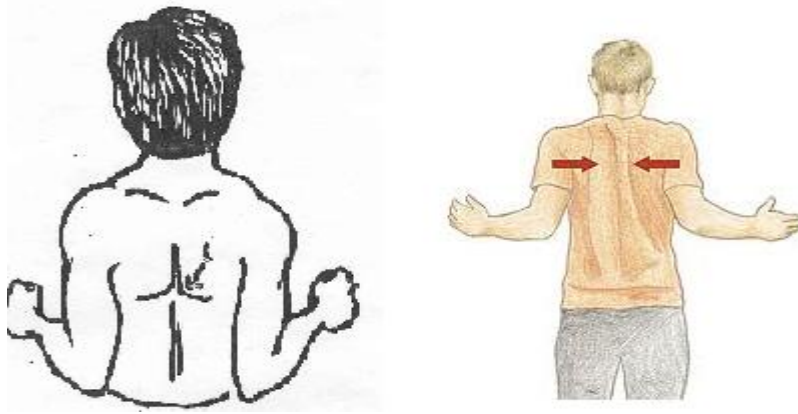
While sitting in a chair, clasp both arms behind your head. Gently arch backward and look up toward the ceiling. Repeat 10 times. Do this several times per day.

Arm slides on wall



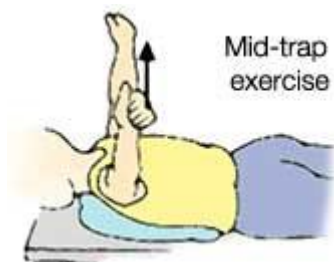
Sit or stand against a wall with your elbows and wrists against the wall. Slowly slide your arms upward as high as you can while keeping your elbows and wrists against the wall. Do 3 sets of 10.

Scapular squeezes



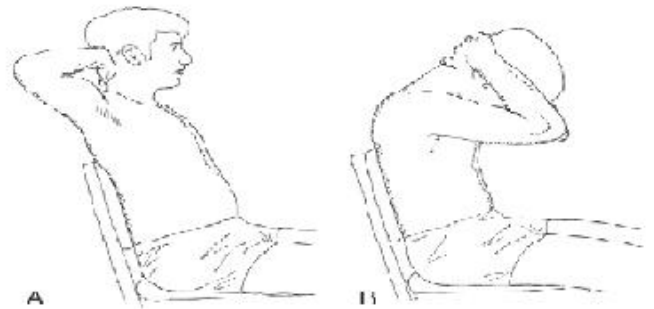
While sitting or standing with your arms by your sides, squeeze your shoulder blades together and hold for 5 seconds. Do 3 sets of 10.

Mid-trap exercise



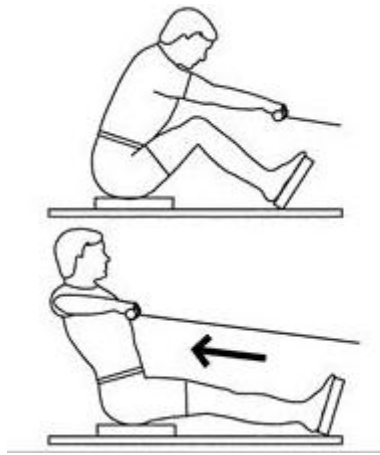
Lie on your stomach on a firm surface and place a folded pillow underneath your chest. Place your arms out straight to your sides with your elbows straight and thumbs toward the ceiling. Slowly raise your arms toward the ceiling as you squeeze your shoulder blades together. Lower slowly. Do 3 sets of 15. Progress to holding soup cans or small weights in your hands.

Thoracic stretch



- I. Sit on the floor with your legs out straight in front of you. Hold your mid-thighs with your hands. Curl your head and neck toward your belly button. Hold for a count of 15. Repeat 3 times.
- II. To stretch your right upper back, point your right elbow and shoulders forward while twisting your trunk to the left. Hold for a count of 15. Repeat 3 times.
- III. To stretch your left upper back, point your left elbow and shoulder forward while twisting your trunk to the right. Hold for a count of 10. Repeat 3 times.

Rowing exercise



Tie a piece of elastic tubing around an immovable object and grasp the ends in each hand. Keep your forearms vertical and your elbows at shoulder level and bent to 90 degrees. Pull backward on the band and squeeze your shoulder blades together. Repeat 10 times. Do 3 sets.

Home Exercise for back pain and stiffness

Home Exercises for back pain and stiffness

Do two sets of these exercises whilst still in bed each morning,

Pelvic tilt exercise



Arch your spine by tilting your pelvis then flatten your spine on the bed. Repeat rhythmically 10X

Alternate knees to chest



Bring your knees up to your chest alternating. Bring up to about 80% of max. REPEAT 10X in total.

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Knees side to side



Rythnically bend the knees from side to side no more than 30 degrees each way. REPEAT 10X.

Knees to Chest



Pull both knees to the chest until a comfortable stretch is felt. HOLD FOR 10 SECONDS.

Resting position



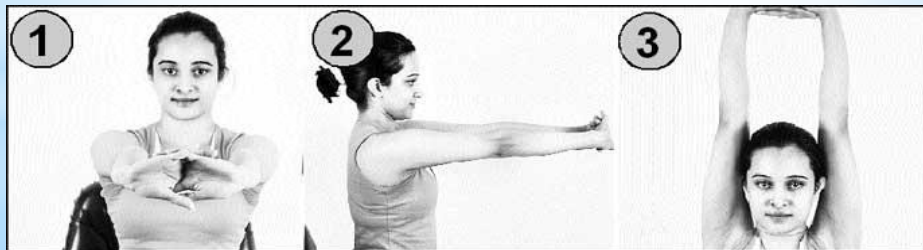
Regularly lie on your back with hips and knees at 90° supported with a bean bag, ball or puftee.

Yoga for Arms

Simple Workouts - Yoga for Arms



Stretch our arms and back shoulders, helps back pain shoulder pain.

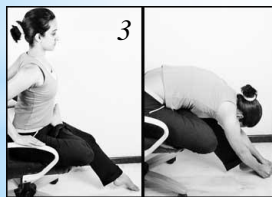


Yoga for Back

Simple Workouts - Yoga for Back



Turn/flex our back, helps improve our upper/lower back pain, neck pain, side body stretch.



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Yoga for Legs

Simple Workouts - Yoga for Legs



*We always sit straight, occasionally bend out back....
People is Young as long as our Spine is Supple. So lets flex our spine.*



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Yoga for Shoulders

Simple Workouts - Yoga for Shoulders



*90% of our job is sitting job, shoulders will be tired and pain full at end of day with the same movement.
Lets flex it once a while.*




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Simple Breathing Exercises

Simple Breathing Exercises


Three deep breathing Exercises – 4 minutes.



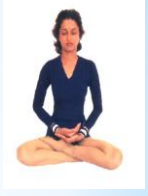
Three brisk breathing Exercises - 2 minutes.




*1 2 3 4 5 6 Breathe in, slowly as long as you can, 7-8 seconds breathe out slowly (6 times each exercise)
Breathe in, & Breathe out briskly, forcefully & noisily in a rhythmic manner
(1/2 minute each exercise)*



*Posture for
exercises 1,2,5 &
6*



*Posture for
exercises 3
& 4*



Final Shavasana 2 minutes

You are advised to do this exercise daily without any strain. Be relax. It will take only 15 to 20 minutes. All details steps are given in the picture itself. Treatment should be taken at least two hours before take meals or after two hours.

During day do not sit in the seat continuously once in a hour please get up and walk at least 5 to 10 minutes.

During walking swing your hands long.

Important advise is that during sleep do not put pillows more for the head, use light pillow or without pillow.

Before go to sleep if you feel pain in leg/thigh/back pain , in a bucket of hot water, put sea salt and immerse your leg or hand for 5 to 10 minutes. You will get sound sleep without any difficulty.

Morning sunrise walk is must. Between 6am to 7am, sun light should touch our body.

In my web-site details of disease and self treatment is given. It will be useful to you to know the details with clarity. All the best. For any clarification please send mail and contact my mobile.

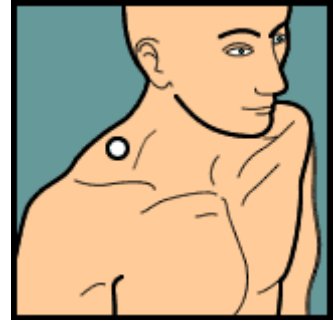
Acupressure Points

We should give pressure through our Index Finger or Thumb finger in the spot which shows in the picture at least one to two minutes three or Four times in a day. We should start before we get up from the bed or before taking breakfast. Finally before go to bed we should give pressure in the points one by one.

Backache: Upper

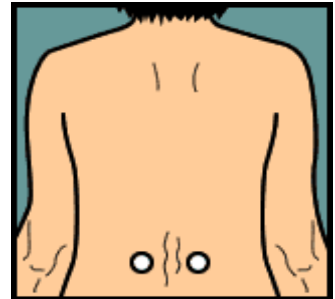
Acupoint 17

On top of the shoulder, half way between the neck and the outside of the shoulder



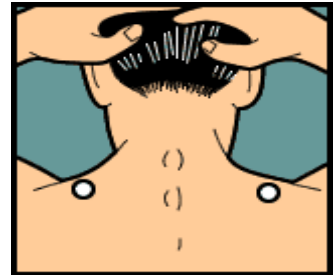
Acupoint 25

On the back, on a line with the elbows, about two thumb widths on either side of the spine



Acupoint 27

Slightly to the back of the muscle which goes from neck to shoulder, a little closer to the arm than to the neck



Acupoint 09

Between the two ligaments, behind the knee, on the crease formed when the leg is bent; note: if you have varicose veins, don't use this point



Backache: Lower

Acupoint 04

In the depression just behind the outer anklebone



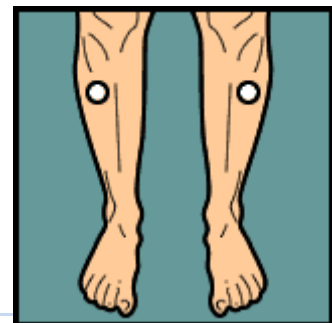
Acupoint 05

One palm width above the tip of the inner anklebone, on the back of the shinbone; often used in combination with acupoint #6



Acupoint 06

One palm width below the bottom edge of the kneecap, on the outside, in a depression between the shinbone and the leg muscle; effective for most problems from the waist down, especially when used with acupoint #5



Acupoint 21

In the middle of the sole of the foot, just behind the ball



Acupoint 20

