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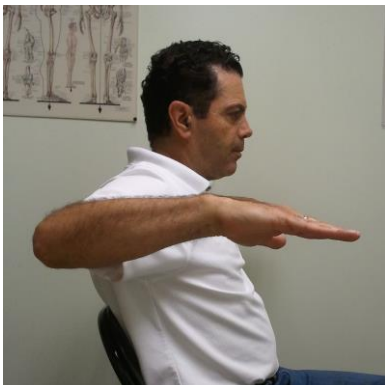
Upper Back Exercises

**** Consult your physician before doing any of these exercises.
If you have any pain when doing these exercises, stop and contact your
physician. ****



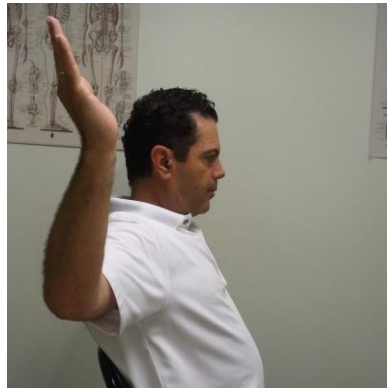
Exercise 1

- 1. Sitting up straight, lift your arms up to the side until they are parallel with the floor**
- 2. Point your fingers straight ahead**



- 3. Pull your elbows back slowly as far as you can**

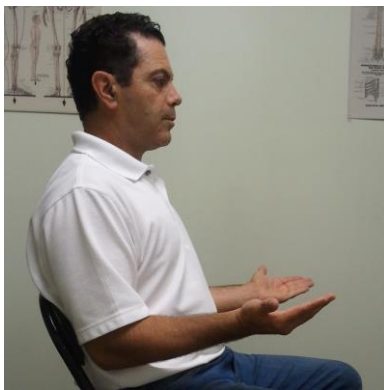
Perform 12 repetitions, three times each day



Exercise 2

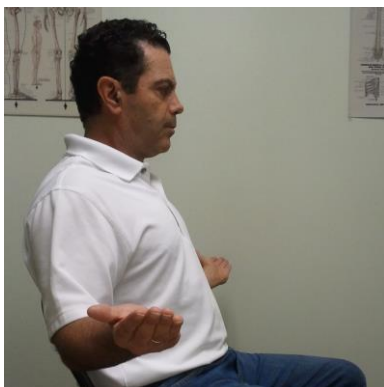
Repeat Exercise 1, but with fingers pointed straight up

Perform 12 repetitions, three times each day



Exercise 3

1. Sitting up straight, lay your upper arms touching your sides
2. Point your fingers straight ahead, parallel to the floor



3. Keeping your arms touching your sides, swing your hands backward as far as you can

Perform 12 repetitions, three times each day