

Tension Relief For Your Upper Back

Do the muscles between your shoulder blades feel tight and tense?

If they do then try this safe and simple stretch routine for the upper back (trapezius and rhomboid) muscles.

This is an ideal exercise routine if you have to sit for long periods of time; when travelling in aeroplanes or cars. The routine is particularly convenient as it can be completed in a confined space and is a wonderful tension reliever.

- Begin by sitting tall.
- Cross your arms in front of your body and hold firmly against your thighs or on the armrests of the chair.
- Pull inwards with both hands while extending – lengthening – your spine.
- Gently lower your chin towards your chest and feel the stretch along your upper back.
- Hold for 10 – 30 seconds and repeat once or twice.

For more stretch you might try to slowly breathe in while you lengthen your spine and breath out while lowering your chin. Again take it slowly and feel for the stretch.

Combining this exercise with a regular PosturePole session is terrific combination: Together they encourage better body awareness and a straighter more attractive up-right posture.

