

Upper Back & Posture – Beginner Home Program

5 exercises · a chair, a doorway and a light band

Patient name: _____ Date: _____

Therapist: **Dr. Jack Engelberg, PT, DPT**

Do: 1-2 sets of 10 reps, 1-2 time(s) per day (day / week)

Stretches: hold 20-30 sec, 3 times each side

Hold: 3-5 sec

How: Move slowly and with control, only in a comfortable range. Breathe normally, don't hold your breath. Mild stretch or muscle tiredness is OK; pain is not.



1 Chin Tucks · Head over shoulders

☐ Assigned

1. Sit tall, shoulders relaxed, eyes looking straight ahead.
2. Gently glide your head **straight back**, making a "double chin."
3. Hold 3–5 sec, then relax.

Key cue: Keep your head level. Don't tip your chin down or up.

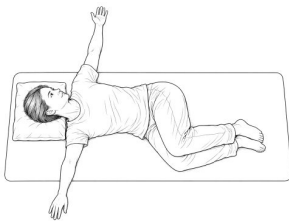


2 Seated Trunk Rotation · Turn upper body

☐ Assigned

1. Sit tall, arms crossed over your chest.
2. Slowly **turn your upper body** to one side. Hips and knees face forward.
3. Hold 3–5 sec, back to center, then turn to the other side.

Key cue: Sit tall as you turn. Turn only as far as comfortable.



3 Open Book · Side-lying rotation

☐ Assigned

1. Lie on your side, knees bent and stacked, arms straight in front.
2. Open your top arm **like a book** to the other side. Follow your hand with your eyes.
3. Hold 3–5 sec, then return. Switch sides after your reps.

Key cue: Knees stay together. Go only as far as comfortable.

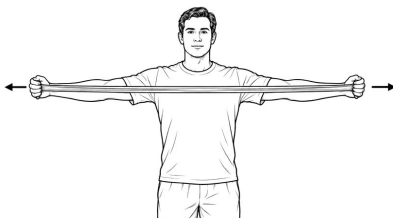


4 Doorway Chest Stretch · Open the chest

☐ Assigned

1. Stand in a doorway with your hands on the frame, about head height.
2. Step one foot forward and **lean gently** until you feel a stretch across your chest.
3. Hold 20–30 sec.

Key cue: Gentle stretch. Stop if your hands tingle. Keep your chin tucked.



5 Band Pull-Apart · Squeeze shoulder blades

☐ Assigned

1. Hold a light band in front at shoulder height, arms straight.
2. Pull the band **apart**, squeezing your shoulder blades.
3. Hold 3–5 sec, then return slowly.

Key cue: Shoulders down, chest up. Don't arch your low back.



Safety: Stop if you feel sharp pain, chest pain, dizziness, or numbness or tingling in your arms, and call your therapist. Osteoporosis? Avoid forceful bending or twisting; use a small, gentle range.

Notes from your therapist:

