

*These techniques release upper/ mid back and scapula.*



Place hands in prayer position with elbows bent to 90 degrees and close together at shoulder height. Actively round upper back and slide shoulder blades laterally around rib cage to elongate further. Feel stretch in upper back. 6-3

*Breathe into the restriction.  
Wait patiently at the barrier  
for tissue to release.*



Try above technique sitting on chair with elbows on table. Slide chair back and lean forward, using table to lift elbows further to increase stretch. A great technique to do sitting at your desk. 6-4

*Remember to hold all stretches  
at least  
90 to 120 seconds.*

Cross arms and reach around back. Clasp hands behind shoulder blades. Round and elongate upper back while reaching even further around in a hug. 6-5

