

# Stretches To Relieve Backache



## Stretches For Lower Backache

Sit with your rear on your heels with knees spread apart



Place a small pillow between your knees to support your belly

Lean forward, stretching arms outwards with elbows and head resting on the floor



Hold the position for a few seconds until you feel a stretch along your spine

## Stretches For Middle Backache

Bend on your hands and knees



Tilt your pelvis backward to the point it feels comfortable

Hold the position for a few seconds



Gently lower your back to the point it feels comfortable

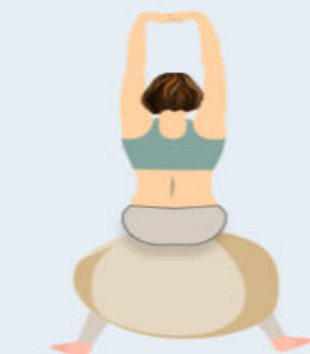
## Stretches For Pain In The Shoulder Blades And Upper Back

Sit on a firm chair or fitness ball, keeping your back straight



Interlock your fingers and lift your arms over your head

Straighten your elbows and turn your palm outwards



Hold until you feel a stretch between your shoulder blades