

Move better. Feel better!

Learn the common causes of upper back and shoulder pain, and how to prevent them.



Common causes for upper back and shoulder injuries:

- Habitual and/or altered movement patterns
- Shoulder impingement
- Shoulder instability
- Dysfunction above and below shoulder

Prevention exercises for upper back and shoulders

Foam rolling

Slowly roll for 30 to 90 seconds for each soft tissue area



Latissimus dorsi



Thoracic spine

Stretches



Latissimus dorsi stretch



Side-lying T-spine rotation



Cat cow



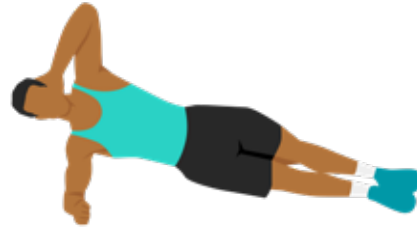
Threading the needle

Prevention exercises for upper back and shoulder injuries

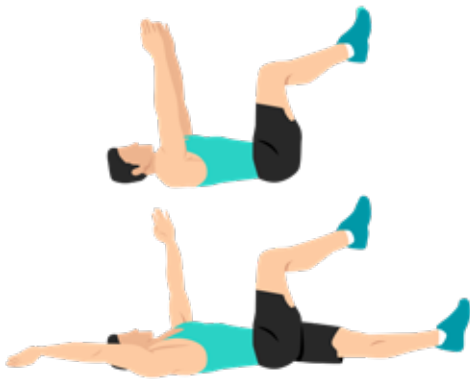
Activation



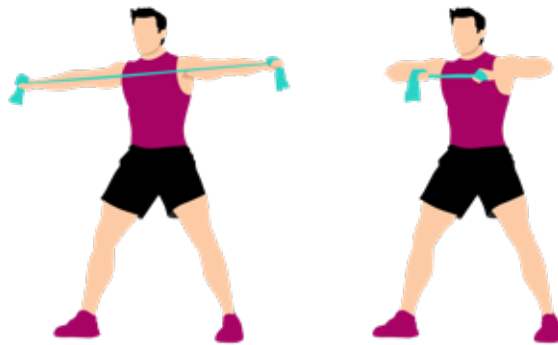
Front plank



Side plank



Dead bug



Band pull aparts

Please consult with your doctor before starting any exercise routine.

Keep up the good work with free health coaching!

As a Moda Health member, you have access to free, confidential health coaching to help support you and your health goals. To learn more, visit our website or email healthcoachteam@modahealth.com.

modahealth.com

