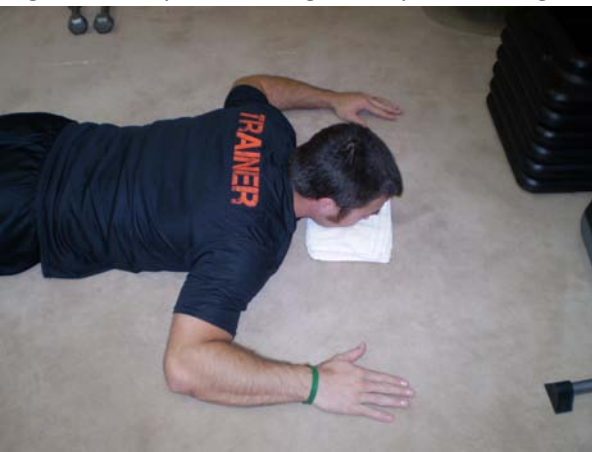
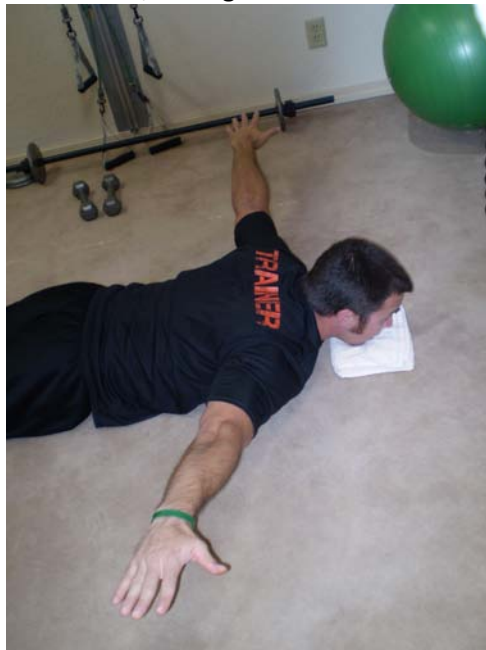


## To strengthen upper back muscles.

While lying face down, bring arms to side of body, palms down. Then lift the arms up by squeezing shoulder blades together. Keep arms straight and palms facing downward. Hold for 30-45 seconds, rest for 10 seconds, and then repeat.



Repeat, with elbows bent and level with the shoulders, and again but with arms stretched out straight, palms down.



*DISCLAIMER: The material provided here is solely for general education and informational purpose. It is neither medical nor healthcare advice for any individual problem. It is also not intended to be used for medical treatment. Always seek the advice of your physician or other qualified healthcare providers regarding your particular situation.*