

Thoracic / Postural Back Pain

UPPER BACK · POSTURE

Aching between the shoulder blades from prolonged sitting and screen use. Evidence here is thinner than for other regions; mobility plus posture-muscle strength and regular movement breaks is the sensible approach.

1



Foam Roller Extension

10 reps

- Roller across the upper back; arch over it.
- Support the head; keep hips down.

2



Cat-Cow

2 × 10

- Round and arch the whole spine.
- Slow, with breathing.

3



Open Book

10 each side

- Side-lying; rotate the top arm to the floor.
- Follow the hand with your eyes.

4



Wall Angels

2 × 10

- Back on the wall; slide the arms up and down.
- Keep forearms and lower back on the wall.

5



Scapular Squeeze

10 × 5 sec

- Shoulder blades back and down.
- Ribs stay down.

6



Band Row

3 × 12

- Pull band to the ribs, chest tall.
- Strengthens upper-back postural muscles.

HOW OFTEN

Once daily, plus a 2-minute movement break every hour at the desk.

PAIN RULE & PROGRESSION

Mild discomfort up to 3/10 that settles by the next morning is acceptable. If higher, do fewer reps or a smaller range. Progress (more load, reps or range) once two sessions in a row stay within this rule.

SEE US SOONER IF

Chest pain, breathlessness, night pain, or unexplained weight loss — seek medical review.