

To strengthen middle back muscles and posterior deltoid muscles.

Kneel, with torso straight, head up.

Grasp small exercise ball in both hands, behind back, with arms straight.

Contract upper and middle back muscles and slowly move the ball back away from the body.

Hold 15 seconds and rest briefly and repeat 12-15 times.



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.