

MID-BACK PAIN RELIEF

Loosen up your upper back.

Simple moves for the area between your shoulder blades, plus desk and phone habits that help.

Start here → Read page 2, then work through the sections in order: mobility, stability, movement.

INSIDE THIS GUIDE

01 **When to get care**
And the stop rule

02 **Mobility**
Loosen up first

03 **Stability**
Wake up support muscles

04 **Movement**
Put it together

05 **At Home Beyond Stretching**
Everyday strategies

General education only. Not a diagnosis or a treatment plan for you.
JOSEPH FAIR CHIROPRACTIC · 1421 STANDIFORD AVE, SUITE B, MODESTO, CA 95350 · (209) 521-1122 · INFO@JOSEPHFAIRCHIROPRACTIC.COM

ABOUT THIS GUIDE

Mid-Back pain: what to know

Many people have mid-back soreness or stiffness at some point. This guide shares simple, general ways to stay comfortable and moving. It doesn't replace an exam.

WHAT IT CAN FEEL LIKE

- Tightness or aching between the shoulder blades
- Stiffness after long periods at a desk or driving
- A feeling of needing to "crack" or stretch your back

WHAT OFTEN HELPS

- Breaking up long sitting with movement
- Gentle rotation and chest-opening moves
- Setting your screen at eye level
- Relaxed, easy breathing

When to call us

- Pain that isn't easing after a week or two of gentle care
- Pain that keeps coming back
- Stiffness that gets in the way of work, sleep or daily life
- You're not sure which moves are right for you

STOP RULE: READ FIRST

These are general, gentle movements, not a treatment plan for you. If Dr. Fair hasn't examined you, treat them as general education only; if you're a patient, follow what we've discussed. Keep every move small, slow and easy, skip anything you're unsure about, and stop if anything increases your symptoms. **Stop and call us at (209) 521-1122** if pain spreads or travels, numbness or tingling increases, you feel sharp or catching pain, or you notice new swelling or weakness.

Get medical care right away for

- Pain after a fall, crash or injury
- Numbness or weakness in an arm or leg
- Loss of bladder or bowel control
- Pain with fever, or feeling unwell
- Pain that wakes you at night and won't ease
- Chest pain or shortness of breath

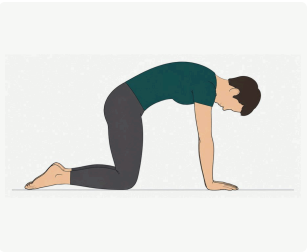
JOSEPH FAIR CHIROPRACTIC · 1421 STANDIFORD AVE, SUITE B, MODESTO, CA 95350 · (209) 521-1122 · INFO@JOSEPHFAIRCHIROPRACTIC.COM

SECTION 1 · MOBILITY

Loosen up first

Start with gentle mobility moves to ease stiffness. Go slowly, breathe, and stay in a comfortable range.

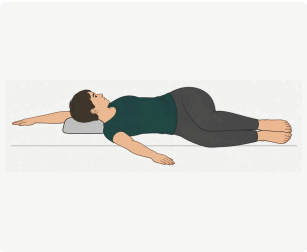
STOP RULE: READ FIRST
These are general, gentle movements, not a treatment plan for you. If Dr. Fair hasn't examined you, treat them as general education only; if you're a patient, follow what we've discussed. Keep every move small, slow and easy, skip anything you're unsure about, and stop if anything increases your symptoms. **Stop and call us at (209) 521-1122** if pain spreads or travels, numbness or tingling increases, you feel sharp or catching pain, or you notice new swelling or weakness.



01 Cat-Cow

MOBILITY · WHOLE SPINE · **8 SLOW REPS**

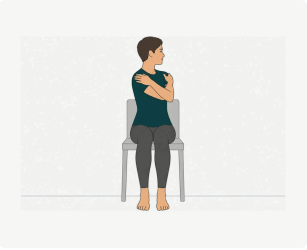
On hands and knees, gently round your back, then let it sag a little. Small, easy motion.



02 Open Book

MOBILITY · UPPER BACK + RIBS · **6 EACH SIDE**

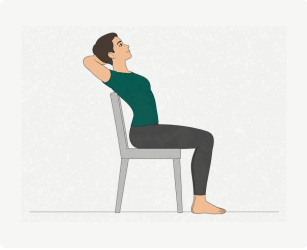
On your side, knees bent. Open your top arm like a book and breathe.



03 Seated Trunk Turns

MOBILITY · MID-BACK · **8 EACH WAY**

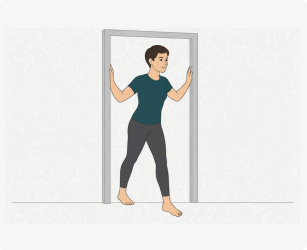
Arms crossed, turn gently side to side from your mid-back.



04 Seated Upper-Back Lift

MOBILITY · MID-BACK · **5 × 3-SEC HOLD**

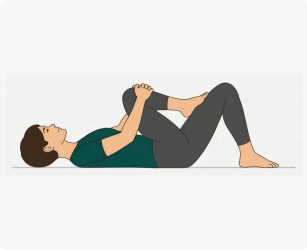
Hands behind your head, sit tall and lift your chest gently.



05 Doorway Chest Opener

MOBILITY · CHEST + FRONT OF SHOULDER · **3 × 20 SEC**

Forearms on the frame, step through until you feel a light stretch.



06 Knee to Chest

MOBILITY · LOW BACK + HIPS · **2 × 20 SEC EACH**

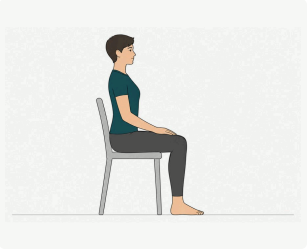
On your back, hug one knee in gently. Keep the other foot flat.

JOSEPH FAIR CHIROPRACTIC · 1421 STANDIFORD AVE, SUITE B, MODESTO, CA 95350 · (209) 521-1122 · INFO@JOSEPHFAIRCHIROPRACTIC.COM

SECTION 2 · STABILITY

Wake up your support muscles

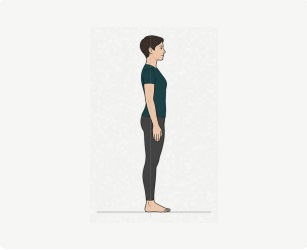
These moves gently switch on the muscles that help hold you steady. Small, controlled and easy.



01 Chin Tuck

STABILITY · DEEP NECK MUSCLES · **5 × 5-SEC HOLD**

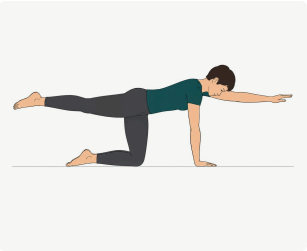
Sit tall. Glide your chin straight back, eyes level, then relax.



02 Shoulder Blade Set

STABILITY · MID + LOWER SHOULDER BLADE · **10 × 3-SEC HOLD**

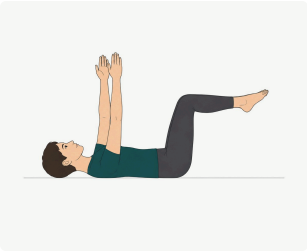
Stand tall and gently draw your shoulder blades back and down, not up.



03 Bird Dog

STABILITY · CORE + BACK CONTROL · **6 EACH SIDE · 3-SEC HOLD**

On hands and knees, reach one arm forward and the opposite leg back. Keep your back flat and still.



04 Dead Bug

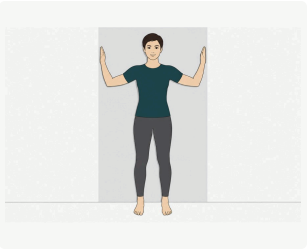
STABILITY · DEEP CORE · **6 EACH SIDE**

On your back, knees and arms up. Slowly lower one heel to tap the floor while your low back stays flat.

SECTION 3 · MOVEMENT

Put it together

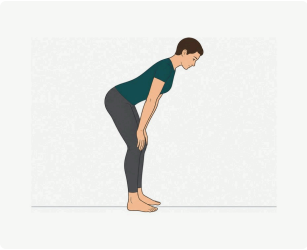
Now practice an everyday movement with good control. Quality over quantity.



05 Wall Slides

MOVEMENT · SHOULDER BLADES + ARMS · **10 REPS**

Back to a wall, arms in a goalpost. Slide up only as high as is easy, shoulders down.



06 Hip Hinge

MOVEMENT · HIPS + BACK WORKING TOGETHER · **10 REPS**

Soft knees, hands on thighs. Push your hips back with a flat back, then stand tall.

JOSEPH FAIR CHIROPRACTIC · 1421 STANDIFORD AVE, SUITE B, MODESTO, CA 95350 · (209) 521-1122 · INFO@JOSEPHFAIRCHIROPRACTIC.COM

AT HOME BEYOND STRETCHING

Everyday ways to feel better

Simple, practical things you can do at home for your mid-back, beyond the exercises.

HEAT OR COLD
Some people find a warm pack eases stiffness; others prefer a cool pack after activity. Use either for 15–20 minutes with a cloth between it and your skin, and check your skin often. Skip it if the area has reduced feeling.

WORKSTATION
Screen at eye level and an arm's length away, elbows by your sides, feet flat. Stand and move every 30 minutes.

PHONE POSTURE
Bring the phone up toward eye level instead of dropping your head. Switch hands often.

CARRYING
Use a backpack with both straps, or carry bags on alternating sides.

Everyday habits

- Stand up and move every 30 minutes
- Bring your phone up toward eye level
- Keep your screen at eye level and an arm's length away
- Carry bags on alternating sides, or use a backpack with both straps
- Take a few slow, full breaths during the day

Your quick plan

When	What to do
Morning	Get up and move for a few minutes. Try a few slow, full breaths and an open book.
Through the day	Change position every 30 minutes. Take a short walk if you can.
Evening	Do the moves on pages 3 and 4 at an easy effort.
Bedtime	Set up your pillows for a comfortable position.
Each week	Notice what helps and what doesn't. Call us if things aren't easing.

QUESTIONS? CALL US

(209) 521-1122
Joseph Fair Chiropractic · 1421 Standiford Ave, Suite B, Modesto · info@josephfairchiropractic.com