

Upper Back Exercises

Scapular Retraction (Rows)



Pull band towards your chest while squeezing your shoulder blades together.

Scapular Retraction with Depression



Pull band towards the floor while squeezing your shoulder blades together.

Scapular Retraction with Elevation



Band resisted scapular retraction (rows) with elevation: Pull band up and towards your chest while squeezing your shoulder blades together.

Perform 25 repetitions. Repeat 2 times per day.



Stand with back and shoulders against wall.



Slide arms toward side.



Squeeze shoulder blades together.