

# Stretch of the Month

## Upper Back Stretch

To stretch your upper back:

1. Stand up straight and slowly roll forward hanging your upper body down to the floor.
2. Make sure to bend your knees at least slightly or more if you need to.
3. To come back up, bend knees slightly more and round your back to come slowly up, keeping chin tucked.



Before stretching, warm up with **5 to 10 minutes of light exercise**. Another option is to save stretching for after a workout. If you feel pain while stretching, you are stretching too far. **It should not be painful**. Hold each stretch for **about 30 seconds** at a time and repeat, especially if the stretch seems to be helping with pain or discomfort.

