
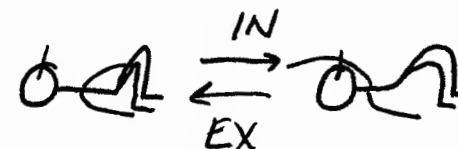
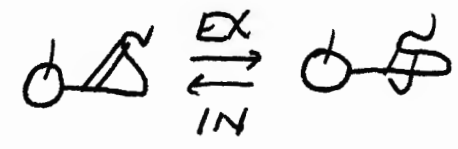

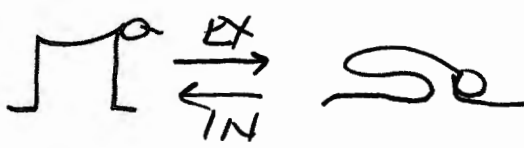
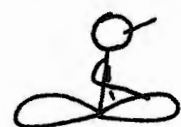
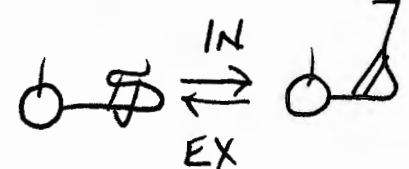
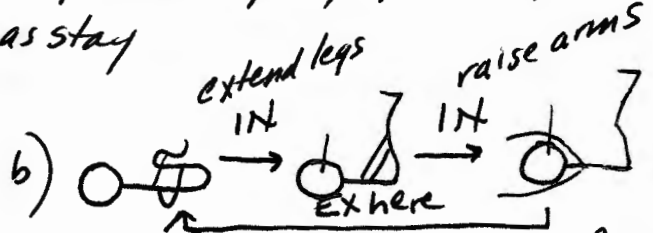

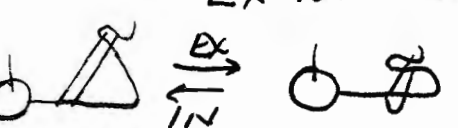



# GENTLE PRACTICE FOR UPPER BACK

KATHY ORNISH 2017

1.  8-12 deep breaths
2.  IN  
EX  
• Repeat 6-8x, alt. sides
3.  EX  
IN  
• Repeat 6-8x
4.  EX  
IN  
• Repeat 6x, alt. sides  
• Stay 2-3 breaths
5.  EX  
IN  
• Repeat 6-8x
6. 
  - 3-6 Breath stay each side
  - ↑ length of Exhale as stay

NOTE:  
- Feel stretch on shoulder blade as push arm gently against leg during twist
7. a)  IN  
EX  
• Repeat 3x
- b)  extend legs  
IN  
EX here  
raise arms  
EX return  
• Repeat 3x
8.  IN  
EX roll down  
IN here  
EX lower arms  
• Repeat 3x
9.  EX  
IN  
Repeat 3-6x
10.  REST 5 MIN