

## Exercise for standing activities 5: Strengthening the upper back muscles



Stand upright with the back against a wall; lean your upper body against the wall, try to gently push against the wall with your pelvis, shoulder blades, elbows and your backs of your hands.

**Hold the tension for 15–20 seconds,  
repeat 2 to 3 times**

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Find more exercises at [www.bewegt.li/exercises](http://www.bewegt.li/exercises)

The exercises were provided by Mr Dieter Beh from the Überrauch Rehabilitation Clinic in Isny, Allgäu, Germany.