

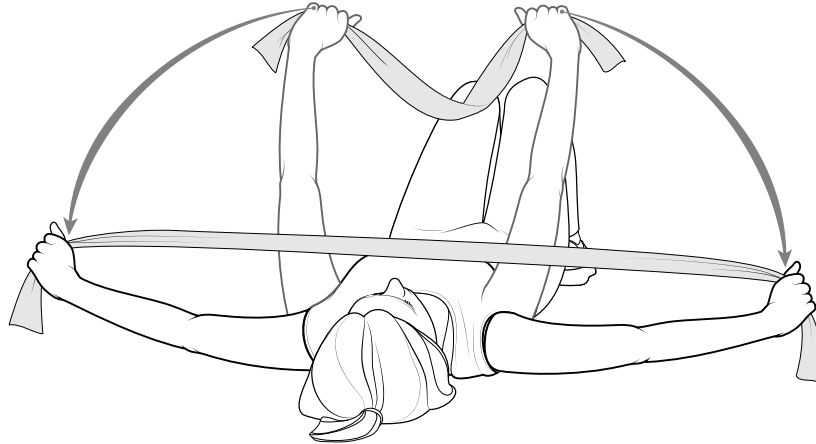
## Supine Decompression Exercises

---

Supine decompression exercises can help ease your back pain by removing the pressure placed on the nerves where they exit your spine. These exercises are not only helpful for off-loading the spine and increasing the strength of your upper back muscles, they can be used to help increase your shoulder range of motion.

You should lie on your back, with your knees bent for all of these exercises. You can lie on the floor, use a yoga mat, or lay on your bed. You may use an exercise band or free weights while doing these exercises. You should only move on to the next level of resistance when the exercises become too easy.

### Chest Pull

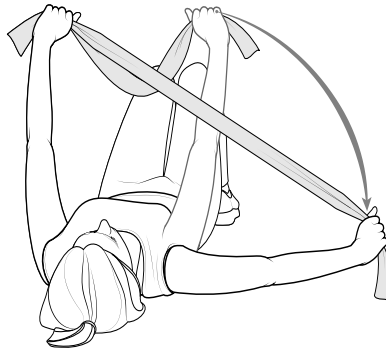


- Put your hands directly above your shoulders.
- Pull both arms out to the side (like the letter “T”). If you are using a band, it should fall across your chest.
- Bring your hands back to the starting position and repeat 10 times
- Do 3 sets.

---

**This handout is for informational purposes only. Talk with your doctor or health care team if you have any questions about your care.**

## Side Pull



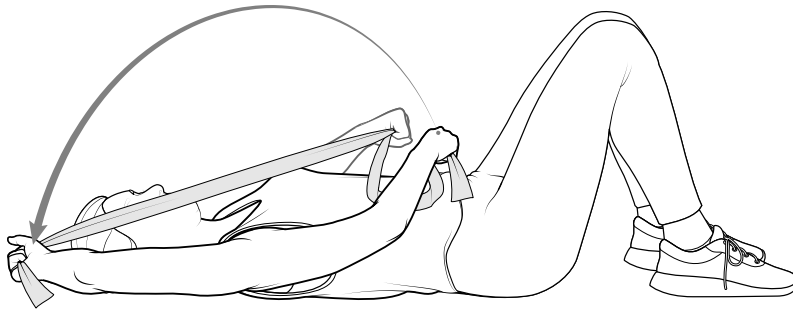
- Start with your hands directly above your shoulders.
- Pull one arm down to the floor.
- Bring your hand back to the starting position and repeat 10 times.
- Do the same movement with your other arm and repeat 10 times.
- Do 3 sets for each arm.

## Sash/Seatbelt



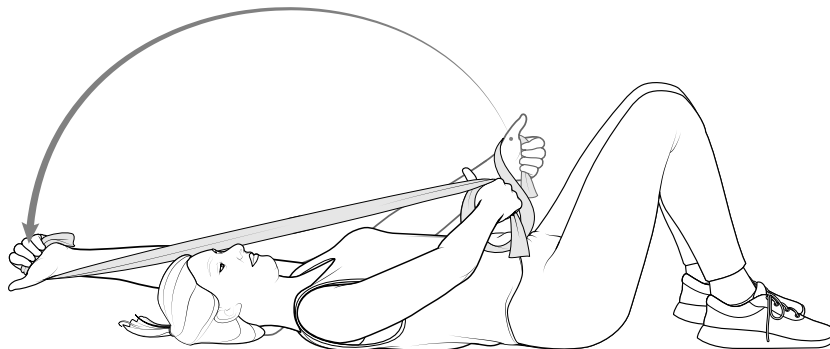
- Start with both hands at your left hip.
- Keep your right thumb up (away from your hip) and keep your elbow straight.
- Bring your right arm up and across your body, like you are taking off your seatbelt.
- Reach back as far as you can.
- Return to the starting position and repeat 10 times.
- Change and move your hands to your right hip. Keep your left thumb up (away from your hip) and keep your elbow straight.
- Bring your left arm up and across your body, like you are taking off your seatbelt.
- Reach back as far as you can.
- Return to the starting position and repeat 10 times.
- Do 3 sets for each arm.

## Head Cradle



- Start with both hands at your left hip.
- Keep your right thumb in towards your body and keep your elbow bent.
- Raise your right arm, keeping your elbow bent, until your head is cradled between your arm and the band (like when you shave your armpit or put on deodorant).
- Return to the starting position. Repeat 10 times.
- Change and move your hands to your right hip.
- Start with both hands at your right hip.
- Keep your left thumb in towards your body and keep your elbow bent.
- Raise your left arm, keeping your elbow bent, until your head is cradled between your arm and the band (like when you shave your armpit or put on deodorant).
- Return to the starting position. Repeat 10 times.
- Do 3 sets for each arm.

## Arm Raise



- Start with both hands at your left hip.
- Keep your left thumb up (away from your hip) and keep your elbow straight.

- Bring your left arm up and straight back.
- Take your arm back as far as possible, without causing pain. You may touch the floor or mattress behind you.
- Return to the starting position. Repeat 10 times
- Change and move your hands to your right hip.
- Keep your right thumb up (away from your hip) and keep your elbow straight.
- Bring your right arm up and straight back. Take your arm back as far as possible, without causing pain. You may touch the floor or mattress behind you. Repeat 10 times.
- Do 3 sets for each arm.