

Loosening the Upper and Middle Back (Sitting)

These movements focus on awareness of muscles that connect the shoulder blades to the skeleton. They are very important postural muscles. You will probably feel straight and energized when you're done!

Do each movement several times. Stop to rest whenever you feel you need it.

Position—Sitting at a table or desk, sit bones near the edge of the chair, chair pushed back so that your body is at about a 45-degree angle. Position yourself so you can easily put your forehead down on the table, with your hands in front of your head. Make sure you are comfortable before you start.

Note: These movements are from a book called *The Busy Person's Guide to Easier Movement*, by Frank Wildman.

1. **Chin to hands/wrists**—Keeping your fingers near each other and the elbows wide apart, put forehead near edge of table and reach forward with chin to touch fingers. Repeat several times, touching chin to different parts of hands and wrists. Feel movement of shoulder blades. Rest by placing forehead on table.
2. **Horizontal line with head**—Turn head Left, placing head on backs of hands. Slowly glide head (which stays facing Left) toward Left elbow. Then glide back of head (still facing Left) toward Right elbow. Glide head in a straight horizontal line back and forth between elbows. Feel how your shoulders and shoulder blades move to facilitate this motion of the head Rest sitting upright. Observe how you are sitting. Repeat with head Right.
3. **Raise head and hand**—Place Right hand on back of Left hand. Turn face to Right and rest cheek on back of Right hand. Keep cheek and hand glued together. Lift Right arm and head as a unit, with elbow coming off the table so that your body comes more upright. Feel how your upper back muscles help bring up upright. Slowly go back down to the table. Do this several times.
4. **Trunk circle**—Do #3 again, this time remaining upright. Begin to make a circle in the air with your head and arm, so the top of the circle reaches up toward the ceiling and the bottom is towards the table. Make the circle round and large and easy. Rest sitting upright. Observe how you are sitting. Repeat #3 and 4 with head Left.
5. **Elbow slide**—Lean on table in original position. Turn head Right, placing Left cheek on back of Left hand. Place Right hand on Right side of your head. Lift your head and Right hand as a unit, pivoting on your elbow. Do several times until it feels easy, then rest.

Next time you lift your right hand and head, slide your Right elbow to the Left a little, until your arm is vertical and your head is over your elbow. Slowly move back to your starting position and rest. Repeat till it seems easy, then continue.

Do the same movement, except this time, keep moving your elbow to the Left until it comes near your Right elbow. Feel how your shoulder blade moves away from your spine as you do this and how it moves back toward your spine as you bring your elbow back to the left and your head down to the table again.

6. Check your posture and notice the balance of your body from front to back. Enjoy!