

THREAD THE NEEDLE

This is a good stretch for your upper back. It is also a core exercise which means it is good for stability in the spine and pelvis too.

There are mats in all of our weighing rooms now so take the opportunity to stretch.



- On all fours take your right arm and extend it up and away from your body behind you until it is straight (see left)

- Hold and take 3 deep breaths

- Then take this arm underneath your chest and stretch it all the way to the left until your right shoulder is on the mat (see left)

- Now take your left arm behind you and hold and take 3 deep breaths

- Do exactly the same with the other side

- Repeat the whole process

Be careful not to overstretch and do not stretch into pain.

Always ask one of the JIM team physiotherapists to guide you if you are unsure.