

Aktion Gesunder Rücken e. V.

Simple back exercises for everyday use

Exercising with Thera tape:

Thera tape is also good for strengthening individual muscles. The tapes are available in various thicknesses. For the following exercises, choose the tape thickness so that you can repeat the exercises 10 times.



AGR
Aktion Gesunder Rücken e.V.



Exercise 1:

Strengthens the shoulders

Sit in an upright position and make sure you keep your back straight. Grasp the Thera tape with your hands about 30 cm apart and the palms pointing upwards. Let your shoulders hang down loosely. Now pull the tape apart with both hands. Slowly release the tension. Repeat the exercise about 10 times.



Exercise 2:

Strengthens the back

Place your right foot on the Thera tape and take the other end in your left hand. Now move your left arm diagonally up to the left against the resistance of the tape. Release the tension and lower your arm again to the point where you still feel tension in your shoulders. Repeat the exercise about 10 times, then change your arms.



Exercise 3:

Trains arm and shoulder muscles

Wind the ends of the tape around your palms and stretch your arms up at the side. Now pull the tape apart slowly with both hands. Release the tension and repeat the exercise about 10 times.



Exercise 4:

Strengthens the arm and back muscles

Sit on the Thera tape and grasp the ends with both hands. Now move both arms diagonally in alternating forwards and backwards movements about 10 times.