

## Single Arm Doorway Pec Stretch at 90 Degrees Abduction

REPS: 1-2

HOLD: 30 SEC



Side note:

Please choose between the "Single Arm Door way", "Corner Pec Major Stretch", or "Open book Chest Rotation Stretch" depending on your convenient position at the time of stretching, or how tight your body feels.

### Setup

Begin in a standing upright position in the center of a doorway.

### Movement

With your elbow bent, place your forearm on the side of the doorway at a 90 degree angle from your side, then take a small step forward and slightly rotate your body until you feel a stretch in the front of your shoulder. Hold this position.

### Tip

Make sure to maintain a gentle stretch and do not shrug your shoulder during the exercise.

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# Corner Pec Major Stretch

**SETS: 1-2**

**HOLD: 30 SEC**



## Setup

Begin in a standing upright position facing a corner. Place your forearms flat on the wall on each side of the corner with your elbows at shoulder height.

## Movement

Slowly lean forward, taking a small step if needed, until you feel a gentle stretch in the front of your shoulders. Hold this position.

## Tip

Make sure to keep your upper back and neck relaxed. Do not shrug your shoulders during the stretch.

# Open Book Chest Rotation Stretch on Foam 1/2 Roll

**REPS: 2-3**

**HOLD: 30-60  
SEC**



## Setup

Begin lying on your back with your knees bent and a foam half roll vertically under the center of your back.

## Movement

With your elbows bent, slowly move your arms away from your body toward the floor. You should feel a stretch across the front of your chest.

## Tip

Make sure to only move your arms to an angle at which you can lie comfortably, and avoid arching your back.

# Seated Trunk Rotation - Arms Crossed

REPS: 2-3

HOLD: 30 SEC



## Setup

Begin sitting upright in a chair with your arms crossed over your chest.

## Movement

Slowly rotate your trunk to one side, then return and repeat the rotation on your other side.

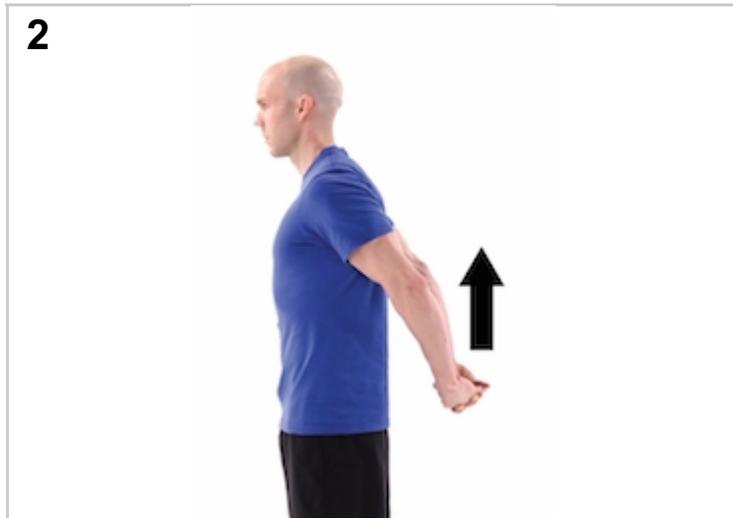
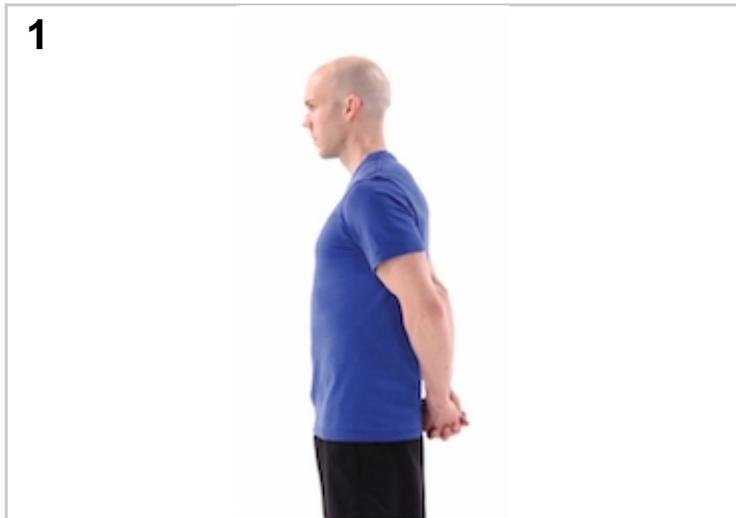
## Tip

Make sure to stay upright throughout the exercise and do not bend forward or backward.

# Chest and Bicep Stretch - Arms Behind Back

REPS: 2-3

HOLD: 30 SEC



## Setup

Begin in a standing upright position.

## Movement

Clasp your hands behind your back and straighten your arms, then slowly raise them toward the ceiling. Hold when you feel a stretch in your chest and the front of your arms.

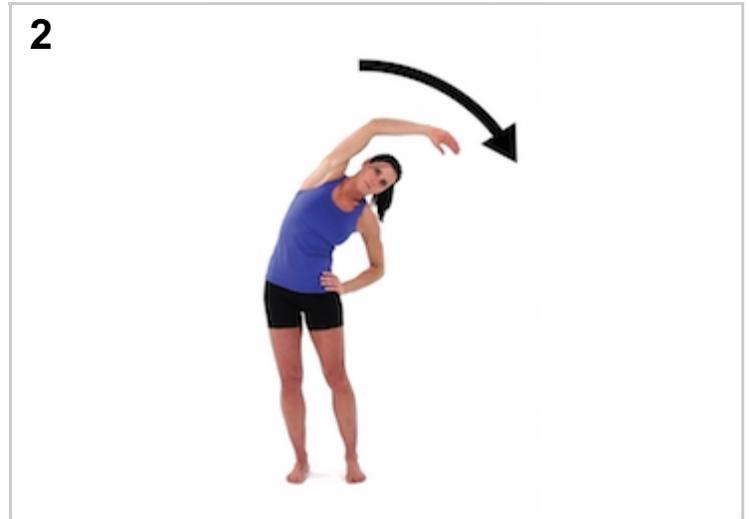
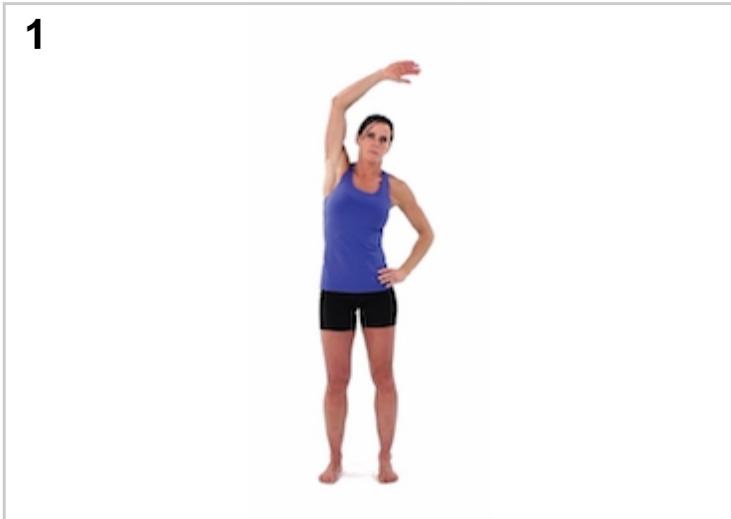
## Tip

Make sure to keep your back straight during the exercise.

# TL Sidebending Stretch - Single Arm Overhead

**REPS: 1-2**

**HOLD: 20-30  
SEC**



## Setup

Begin in a standing upright position. Raise one arm overhead and rest the other hand on your hip.

## Movement

Slowly lean toward the opposite side of your raised arm until you feel a stretch and hold.

## Tip

Make sure to keep your hips level and maintain your balance during the stretch. Do not let your trunk bend forward or backward.

# Seated Thoracic Extension Arms Overhead

**REPS: 2-3**

**HOLD: 30 SEC**



## Setup

Begin sitting upright in a chair with a straight back that goes midway up your back.

## Movement

Clasp your hands overhead and slowly lean backwards, arching your back over the back of the chair, and hold.

## Tip

Make sure not to slide forward on the chair.

# Seated Lumbar Flexion Stretch

**REPS: 2-3**

**HOLD: 30 SEC**



## Setup

Begin sitting in a chair with your knees spread apart.

## Movement

Bend forward, letting your arms hang toward the ground until you feel a stretch in your lower back.

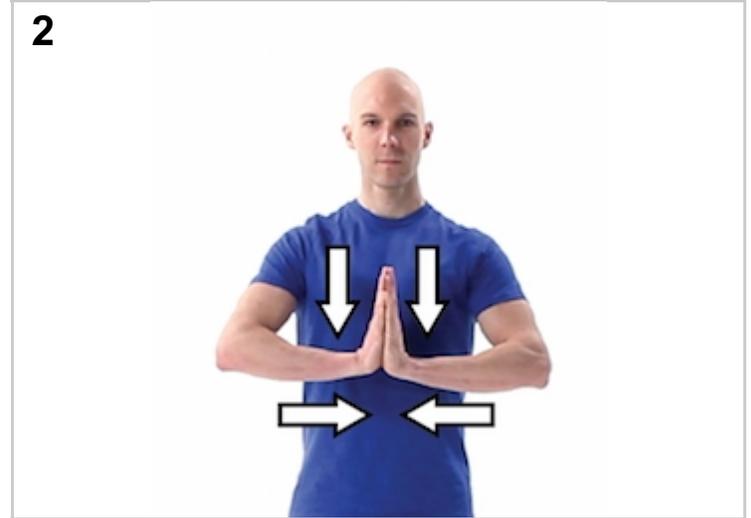
## Tip

Make sure to keep your movements slow and controlled and do not rise up off the chair when you bend forward.

# Wrist Prayer Stretch

REPS: 1-2

HOLD: 60 SEC



## Setup

Begin in a standing upright position. Place your hands together with your palms facing inward.

## Movement

Gently push your hands together and lower them downward at the same time, feeling a stretch in your wrists.

## Tip

Make sure that your palms stay together during the stretch and keep your shoulders relaxed.

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# Wrist Extensor Stretch With Elbow Flexed: Progression From Elbow at Side

**REPS: 1-2**

**HOLD: 60 SEC**



## Setup

Begin standing upright with your affected elbow bent at your side.

## Movement

Turn your palm down to face the floor. Place your other hand over the back of your affected hand and passively move it down toward the floor. Then, begin to straighten your elbow to stretch your muscles. Hold and return your arm to your side. Relax and repeat.

## Tip

Make sure you do not lock your elbow. You should feel a stretch, but no pain.

# Seated Levator Scapulae Stretch

**REPS: 1-2**

**HOLD: 20-30  
SEC**



## Setup

Begin sitting upright in a chair, grasping the edge with one hand.

## Movement

Rotate your head to the side opposite your anchored arm, then tuck your chin towards your chest. With your free hand, grasp the back of your head and gently pull it downward until you feel a stretch and hold.

## Tip

Make sure to keep your back straight during the exercise.