

Pectoral Stretch

- Elbow @ shoulder height & bent to 90°. Forearm is placed on a doorjamb (making contact from elbow & wrist)
- Lean slightly forward until stretch is felt in chest region
- 5 reps and hold for 20-30 seconds each time
- Repeat for other arm



Biceps Stretch

- Arm is @ a 45° angle with elbow straight and thumb up
- Lower arm is placed against a doorjamb
- Rotate chair away from door until you feel a stretch in biceps muscle
- 5 reps and hold for 20-30 seconds each time
- Repeat for other arm



Posterior Capsule Stretch

- 1 arm across body
- Another hand pulls the arm that is across the body further across body



Upper Trapezius Stretch

- Sitting with good posture
- Use 1 arm to stabilize trunk & the other arm to gently bend the head to the side
- AVOID rotating your head during the stretch

