



PECTORALIS CORNER STRETCH

While standing at a corner of a wall, place your arms on the walls with elbows bent so that your upper arms are horizontal and your forearms are directed upwards as shown. Take one step forward toward the corner. Bend your front knee until a stretch is felt along the front of your chest and/or shoulders.

NOTE: Your legs should control the stretch by bending or straightening your front knee.

Repeat 3 Times

Hold 30 Seconds

Complete 1 Set

Perform 1 Times a Day

CHEST STRETCH FOAM ROLLER - T

Lie down on a foam roll or a rolled up bath towel, and allow your arms to drop towards the floor with your elbows straight as shown.



Hold for a gentle stretch across your chest.

Repeat 3 Times

Hold 30 Seconds

Complete 1 Set

Perform 1 Times a Day

WRIST EXTENSOR STRETCH

With your elbow straight, gently press on your hand in this position until you feel a light stretch in the top of your forearm. Hold for 30 seconds.

Repeat on both sides.

Repeat 3 Times

Hold 30 Seconds

Complete 1 Set

Perform 1 Times a Day





WRIST FLEXOR STRETCH

With your elbow straight, gently press on your hand in this position until you feel a light stretch in the bottom of your forearm and/or your wrist. Hold for 30 seconds.

Repeat on both sides.

Repeat 3 Times

Complete 1 Set

Hold 30 Seconds

Perform 1 Times a Day



UPPER TRAP STRETCH - HAND BEHIND BACK

Place your arm behind your back. Next, tilt your head to the side. Relax your muscles, and hold the position for a stretch. Return to original position and then repeat.

Repeat 3 Times

Complete 1 Set

Hold 30 Seconds

Perform 1 Times a Day