

### Shoulder & Upper Back Stretch

- Interlace the fingers + straighten the elbows.
- Project the hands towards the sky + keep the spine straight.
- The stretch should be felt through the back + chest.



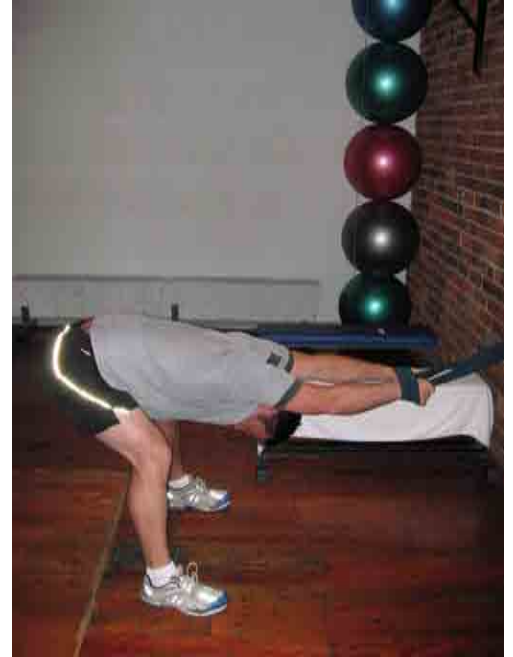
### Twisting Latissimus Dorsi Stretch

- Including rotation of the torso.
- The stretch isolates muscles of the shoulder blade + shoulder closest to the ground.
- Twist to the left and right (hold for 15-20 secs each side).



### **Latissimus Dorsi Stretch**

- Hold onto a towel/belt/pole and stretch backwards away from the fixture.
- Keep the spine lengthened and the knees bent.
- Project the hips backwards to feel a stretch through the back + shoulders.



### **“Thoracic Twisters”**

- Using a broom handle bend forward at 90degrees at the hips.
- Bend the knees sufficiently to allow the back to remain parallel to the floor.
- Twist all the way to the left/right (holding each side for 5-10secs).
- The stretch will be felt in the gluteals, hamstrings, calf muscles and torso.



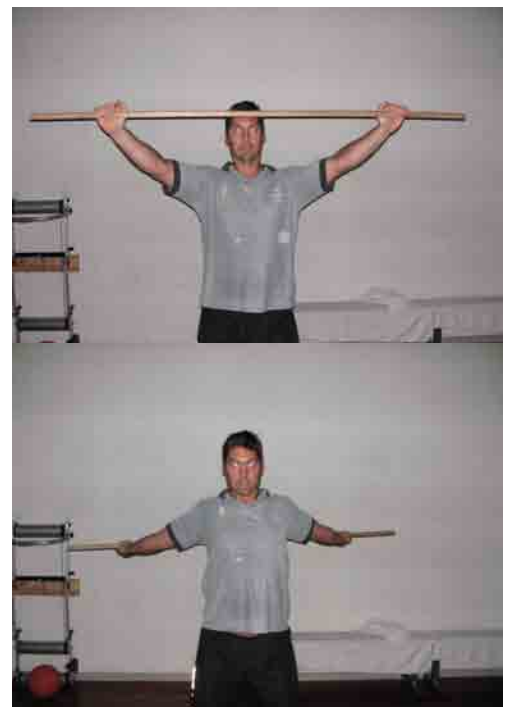
### Neck Stretch with Traction

- Double a towel over and sling the base of the skull with the softer edge.
- Bend forward keeping the spine lengthened and bend the knees slightly.
- Traction the neck (with the towel) away from the torso with ~10-15% Max strength.
- Keep the chin tucked in to avoid arching the neck.
- The line of force needs to be in line with the rest of the spine.



### Pectoral/Chest Stretch

- Hold onto a broom handle with the arms straight.
- Roll the shoulders back and take the arms to horizontal.
- Alternate between each direction; going further on each repetition.





#### **“4 Directional Neck Stretch”**

- Place arm behind back to keep shoulder down (hold each stretch for 15-20secs).
- Pull the head gently across towards the opposite shoulder.
- Direction #1 - Looking straight ahead; gain a stretch through the side of the neck.
- Direction #2 - Looking upward; rotate the neck to look upward and gain a stretch through the front of the neck.
- Direction #3 - Looking towards the opposite hip; gain a stretch through the upper back muscles and side of the neck.
- Direction #4 - Looking towards the same hip; gain a stretch in the upper back and neck muscles.



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### **Anterior Deltoid Stretch #1**

- Hold onto a bench/beam and lower the torso towards the ground.
- The stretch should be felt in the front of the shoulder and chest.
- Keep the shoulders rolled backward opening the chest and look upward.



### **Anterior Deltoid Stretch #2**

- Kneel down and place the hands flat on the floor.
- Project the hips up and push the hands into the floor + towards the feet.
- Roll the shoulders back + keep the chest open.
- The stretch should be felt through the chest and front of the shoulders.



### Thoracic Twist + Chest Stretch

- Kneel on all fours and project one arm through with the palm facing upwards.
- Stretch through the spine & ribcage by twisting the torso upwards & raising the arm.
- Keep the weight running through the shoulder rather than the side of the head and neck (increase the distance between shoulder + knees to reduce this strain).



### Posterior Deltoid Stretch

- Lay face down and raise one knee/hip to 90degrees.
- Project the arm on the same side under the torso and keep the palm facing upwards.
- Roll the torso towards the elbow to increase the stretch in the back of the shoulder.

