

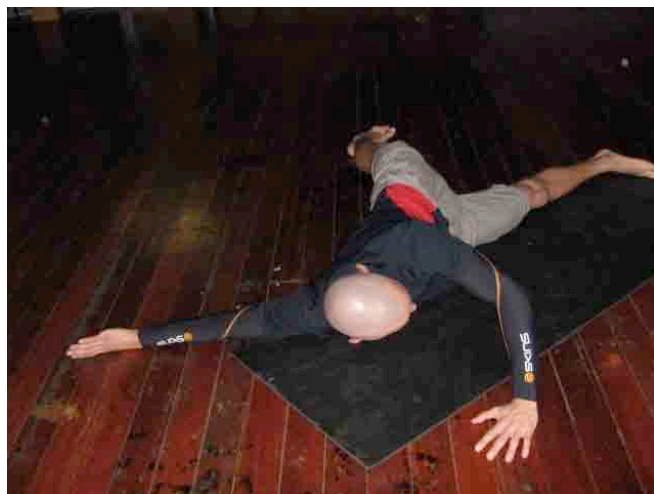
### **Pectoralis Major Stretch**

- Keep arm at 45degrees.
- Palm downward.
- Push shoulder to floor.
- Rotate torso away.
- Repeat on both sides.



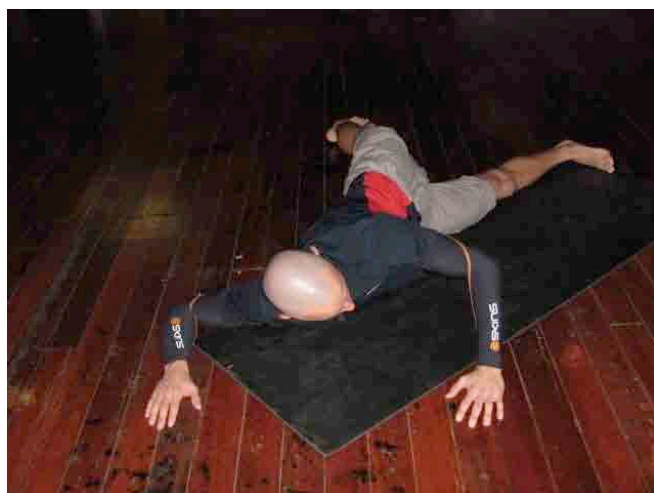
### **Biceps Stretch**

- Keep arm at 45degrees.
- Palm upward.
- Push shoulder to floor.
- Rotate torso away.
- Repeat on both sides.



### **Pectoralis Minor Stretch**

- Elbow at 90degrees.
- Hand in front of face.
- Palm down.
- Push shoulder to floor.
- Rotate torso away.
- Push elbow downward to activate muscle.
- Repeat on both sides.



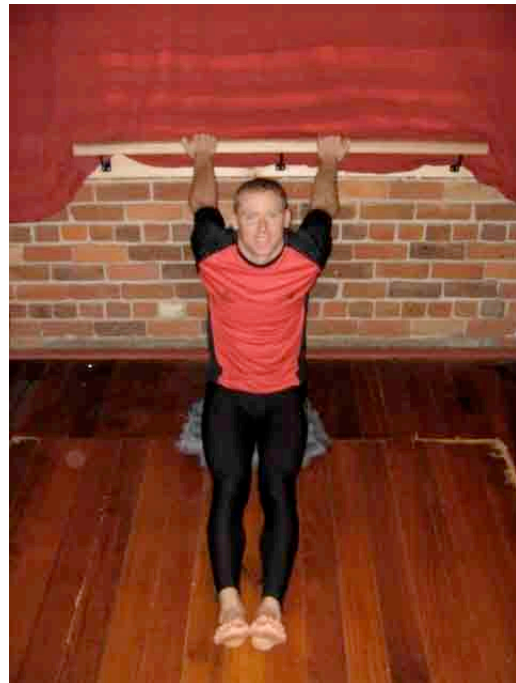
### Subscapularis Stretch

- Cross arms.
- Palms touching OR grasp wrist if less flexible.
- Project hands up and forward.
- Press palms together for increased stretch.
- Repeat on both sides.



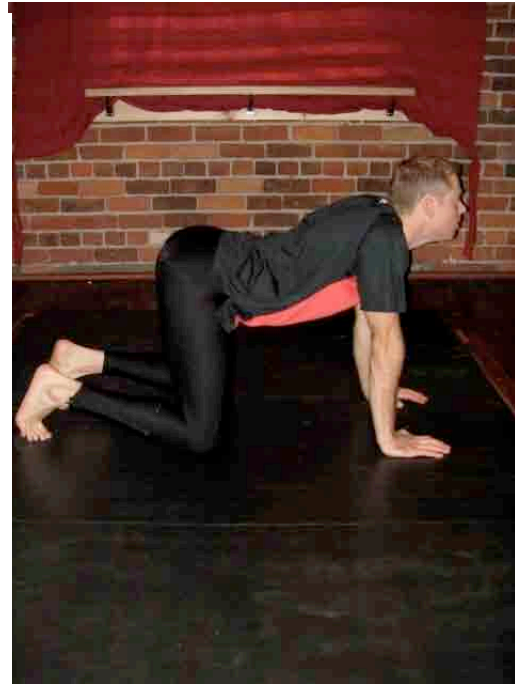
### Anterior Deltoid Stretch

- Use bench or table.
- Place hands palm down from standing position.
- Slowly squat downward until seated on floor.
- Use pillows etc to reduce difficulty.
- Roll shoulders backward and straighten the spine.



### **Cat Stretch – DOWN**

- Breathe out and arch the spine downward.
- Look upward and contract the muscles surrounding the spine.



### **Cat Stretch – UP**

- Breathe in and arch the spine upward.
- Look downward and use the in-breath to expand the ribcage.



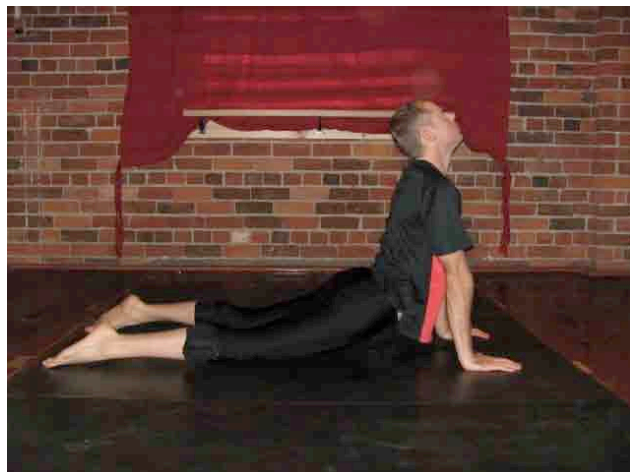
### Child's Pose

- Stretch arms straight.
- Rest forehead on ground.
- Sit between the heels of the feet.
- Stretch the arms forward and the hips backward.



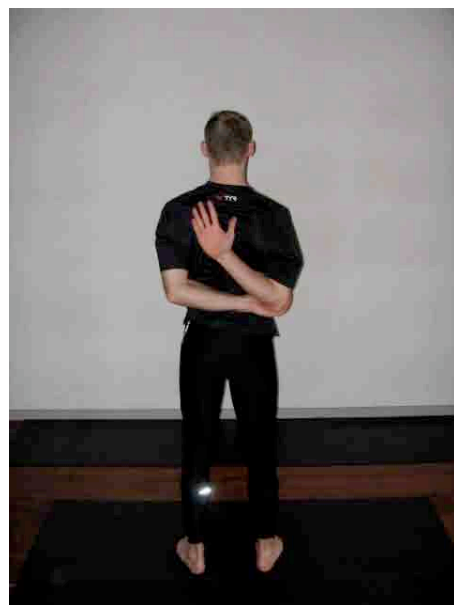
### Cobra Pose

- Point the feet backward.
- Contract the gluteal muscles to take pressure off the lower back.
- Project upwards and keep the elbows straight.



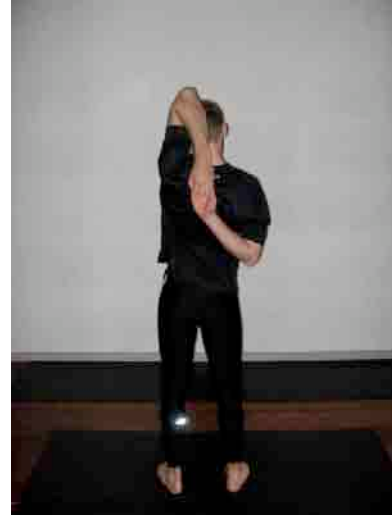
### Middle Deltoid Stretch

- Grasp opposite elbow.
- Project fingers toward the head.
- Keep palm facing backwards and the spine straight.
- Relax the neck and shoulders.
- Repeat on both sides.



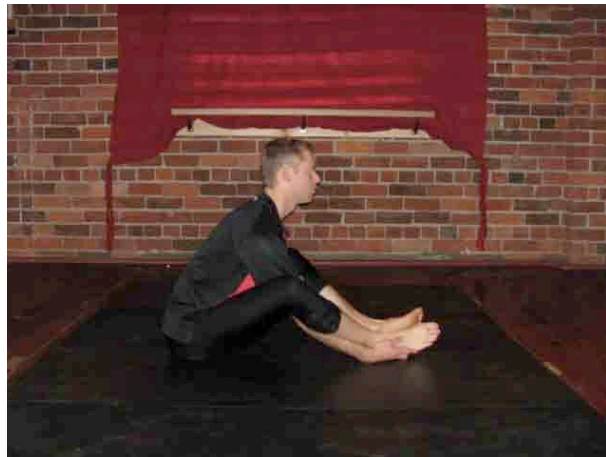
### Double Shoulder Stretch

- Grasp hands and push the back of the head into the upper elbow.
- Keep the spine straight and neck relaxed.
- Repeat on both sides.



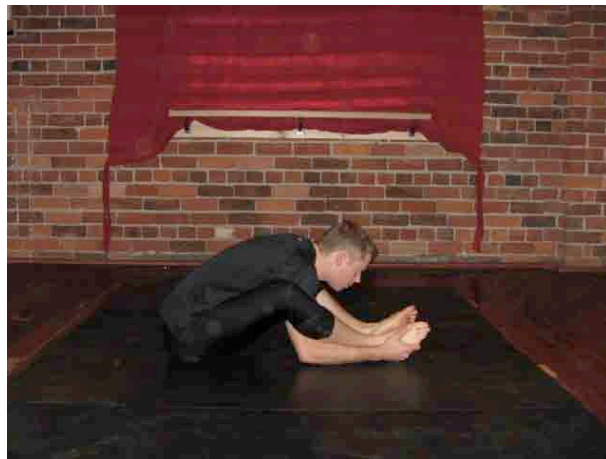
### Lower Back Stretch #1

- Keep feet touching.
- Grasp ankles with hands.
- Project the spine forward and upward.



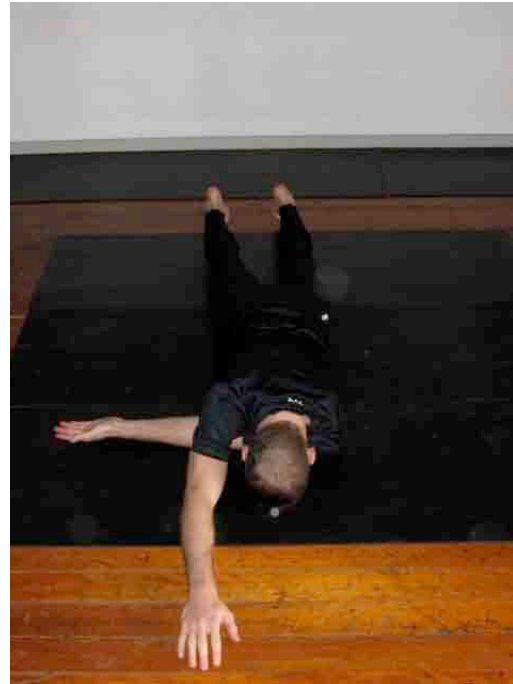
### Lower Back Stretch #2

- Keep feet touching.
- Grasp ankles with hands.
- Project the spine forward and upward.



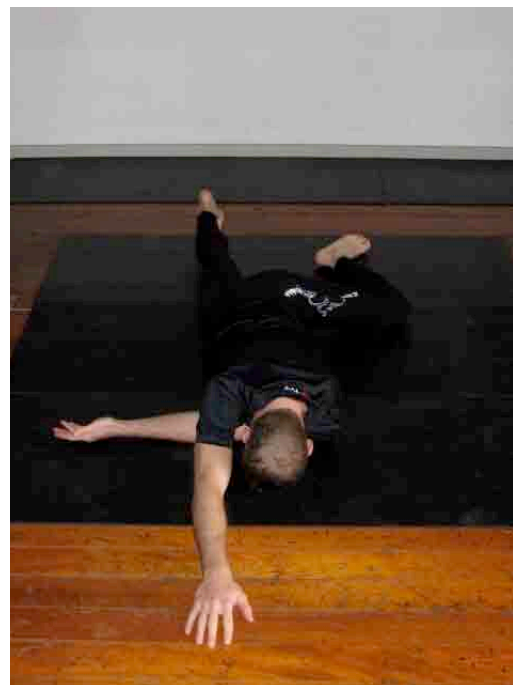
### Posterior Deltoid Stretch #1

- Keep arm at right angle to body-line.
- Palm facing upward.
- Repeat on both sides.



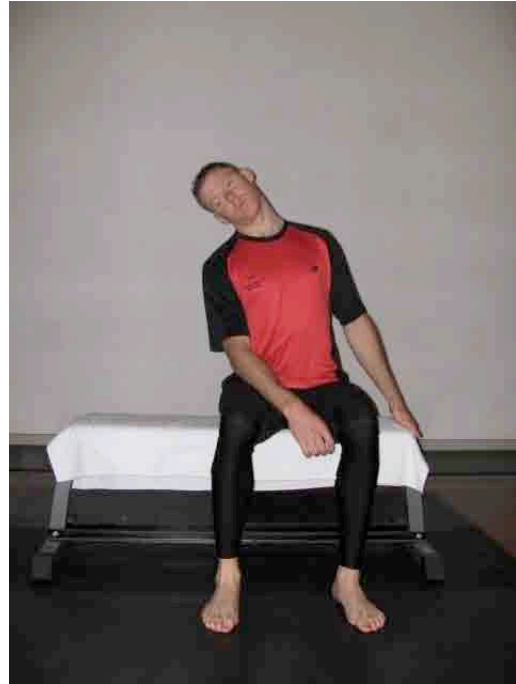
### Posterior Deltoid Stretch #2

- Keep arm at right angle to body-line.
- Palm facing upward.
- Draw knee upward on the side being stretched.
- Repeat on both sides.



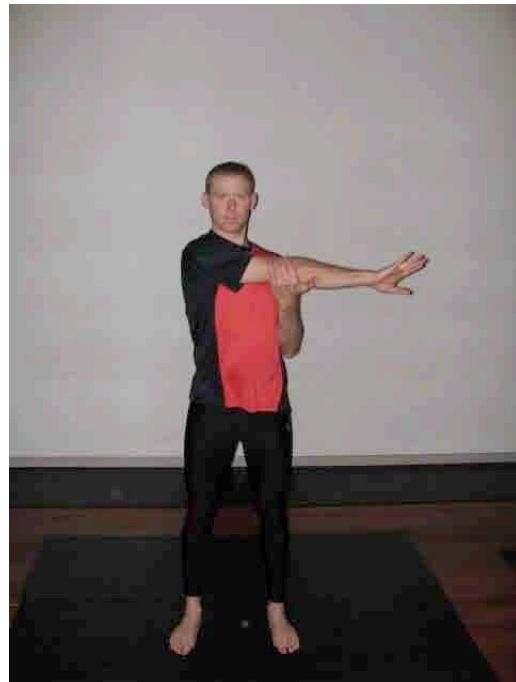
### Lateral Neck Stretch

- Grasp side of chair.
- Keep shoulder down.
- Look straight ahead.
- Gently draw neck and head way from shoulder.
- Repeat on both sides.



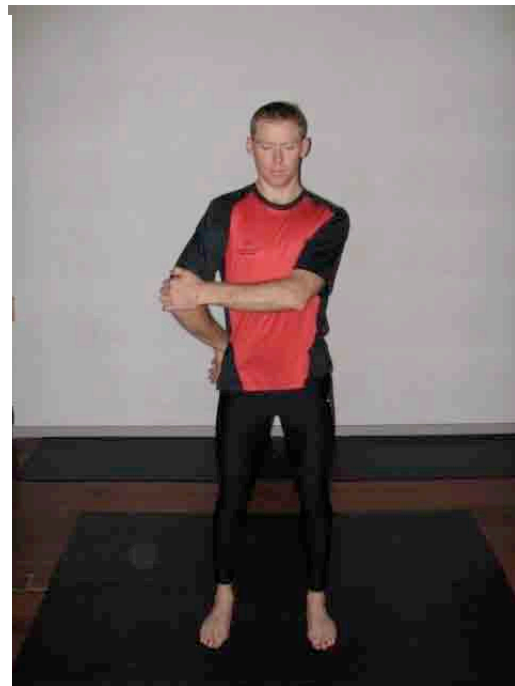
### Supraspinatus Stretch

- Project arm across body.
- Keep shoulders level.
- Turn thumb downwards to induce medial shoulder rotation.
- Pull elbow toward opposite shoulder.
- Project shoulder toward the floor to increase stretch.
- Repeat on both sides.



### **Teres Minor Stretch**

- Place back of the wrist on hip.
- Keep shoulders level.
- Grasp the elbow and draw forward to start stretch.
- Repeat on both sides.



### **Triceps & Lower Back Stretch**

- Start in regular triceps stretch.
- Push head back into elbow.
- Lean across to opposite side.
- Keep the torso side-on to gain lower back stretch.
- Repeat on both sides.

