



Chest and Shoulder Stretches

Created by Elements of Bodywork Mar 19th, 2020

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PECTORALIS DOORWAY STRETCH - SINGLE ARM - HIGH

While standing in a doorway, place your arm upward on the door frame and lean in until a stretch is felt along the front of your chest and/or shoulder. Your arm should be pointed upward towards the ceiling along the door frame.

NOTE: Your legs should control how much you stretch by bending or straightening your knee through the doorway.

Repeat 1 Time

Hold 1 Minute

Complete 1 Set

Perform 1 Times a Day



WALL WALK

Place your affected hand on the wall with the palm facing the wall. Next, walk your fingers up the wall towards overhead. Lastly, slide your hand back down the wall to the starting position.

Repeat 5 Times

Hold 10 Seconds

Complete 1 Set

Perform 1 Times a Day



SIDELYING INTERNAL ROTATION STRETCH - IR SLEEPER STRETCH

Start by lying on your side with the affected arm on the bottom. Your affected arm should be bent at the elbow and forearm pointed upwards towards the ceiling as shown. Next, use your unaffected arm to gently draw your affected forearm towards the table or bed for an inward stretch.

Hold, relax (remember to breathe) and repeat.

Repeat 5 Times

Hold 10 Seconds

Complete 1 Set

Perform 1 Times a Day



WALL EXTERNAL ROTATION STRETCH - ER

Place your affected hand on the wall with the elbow bent and gently turn your body the opposite direction until a stretch is felt.

Repeat 1 Time
Complete 2 Sets

Hold 30 Seconds
Perform 1 Times a Day



CROSS ARM STRETCH

Grasp your elbow and gently pull it across the front of your body.

Repeat 1 Time
Complete 2 Sets

Hold 30 Seconds
Perform 1 Times a Day



LAT STRETCH - LATISSIMUS DORSI STRETCH

Start in an upright position and arms over head.

Next, grab the wrist of the side you want to stretch and draw it over to the side bending at your trunk until a gentle stretch is felt along the side of your body. You may need to slightly bend forward as well to feel a stretch.

Repeat 1 Time
Complete 2 Sets

Hold 30 Seconds
Perform 1 Times a Day



TRICEP STRETCH

With your affected elbow bent and shoulder raised, use your other hand and gently push your affected elbow back towards over head until a stretch is felt.

Repeat 1 Time
Complete 2 Sets

Hold 30 Seconds
Perform 1 Times a Day



MIDDLE TRAPEZIUS STRETCH

Place your hands and forearms together as shown as you draw your shoulders and shoulder blades forward until a stretch is felt along your upper back.

Repeat 1 Time
Complete 4 Sets

Hold 15 Seconds
Perform 1 Times a Day



CHEST STRETCH FOAM ROLLER - 90/90

Lie down on a foam roll and allow your arms to drop towards the floor with your elbows bent and 90 degrees away from your side as shown. Shoulders should be in external rotation so that the back your wrists move towards the floor.

Hold for a gentle stretch across your chest and shoulders.

Repeat 1 Time
Complete 2 Sets

Hold 30 Seconds
Perform 1 Times a Day

CHEST STRETCH FOAM ROLLER - T

Lie down on a foam roll and allow your arms to drop towards the floor with your elbows straight as shown.



Hold for a gentle stretch across your chest.

Repeat 1 Time
Complete 2 Sets

Hold 30 Seconds
Perform 1 Times a Day

CHEST STRETCH FOAM ROLLER - Y

Lie down on a foam roll and raise your arms overhead as shown.



Hold for a gentle stretch across your chest.

Repeat 1 Time
Complete 2 Sets

Hold 30 Seconds
Perform 1 Times a Day

PEC MINOR STRETCH

Place a small rolled up hand towel between your shoulder blades while lying on your back. Allow your shoulders to drop towards the ground for a stretch to your chest. Hold for one minute.



For a more aggressive stretch you can contract your shoulder blades together. Hold for 5 seconds during each contraction. Repeat 6 times.



Repeat 6 Times
Complete 2 Sets

Hold 5 Seconds
Perform 1 Times a Day