

# Chest Stretches

You will be stretching 3 angles of the Pectoralis muscle. You will feel the stretch in 3 different part of your chest. Perform this stretch while standing in a doorway. Look straight ahead, and rise up thru the crown of your head.

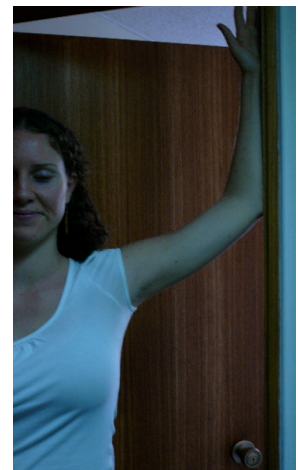
1. Place entire forearm against door jam with your shoulder at a 90 angle.
2. Gently rotate your chest away from your shoulder slowly, (5-10 seconds hold,) (photoA)
3. Each stretch take a few deep breaths and rotate further into the stretch.
4. Move your elbow up 5-10 cm, now gently rotate your chest away from your shoulder. (5-10 seconds hold). Repeat to opposite side. (photo B)
5. Now move your elbow up a additional 5-10 cm, again gently rotate your chest away from your shoulder. (5-10 seconds hold). Repeat to opposite side. (photo B)
6. Repeat all 3 positions to opposite side shoulder.



**A. 90 degrees**



**B. 120 degrees**



**C. 140 degrees**

## Make sure to:

Breathe

Focus on the muscle you are stretching

Relax everything else

Do the stretch Slowly

**Stop if neck pain is aggravated**

**Muscle burn is okay**

## Prescription:

\_\_\_\_\_ **Second holds**

\_\_\_\_\_ **Times per day**

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