



LATISSIMUS DORSI STRETCH

Start in an upright seated or standing position. Holding the wrist of the side you want to stretch, extend both arms overhead and bring the side stretched over to the other side by side bending at your trunk until a gentle stretch is felt along the opposite side of your body.

Repeat 3 Times
Hold 30 Seconds
Complete 1 Set
Perform 1 Time(s) a Day



UPPER TRAP STRETCH

While sitting in a chair, hold the seat with one hand and place your other hand on your head to assist in bending your head to the side as shown.

Repeat 3 Times
Hold 30 Seconds
Complete 1 Set
Perform 1 Time(s) a Day

Slowly lean away from the hand on the chair. Bend your head away from the hand on the chair.

You should feel a stretch along the side of your neck.



SEATED CHEST STRETCH

Place the hands behind your head, and open up the chest by bringing the elbows back.

Repeat 3 Times
Hold 30 Seconds
Complete 1 Set
Perform 1 Time(s) a Day

The stretch should be felt through the chest.



SEATED UPPER BACK STRETCH

Clasp the hands together in the front. Turn the palms out away from you and push forward. Tuck the chin towards the chest, and round out the back. Push as far away as you can.

The stretch should be felt in the upper back.

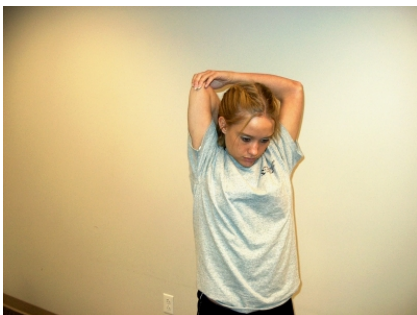
Repeat 3 Times
Hold 30 Seconds
Complete 1 Set
Perform 1 Time(s) a Day



POSTERIOR DELTOID STRETCH

Bring the involved arm across chest. Grasp elbow and pull toward chest until you feel a stretch in the back of the upper arm and shoulder. Hold 30 seconds; relax; repeat.

Repeat 3 Times
Hold 30 Seconds
Complete 1 Set
Perform 1 Time(s) a Day



TRICEPS STRETCH

Hold arm to be stretched overhead with elbow bent. Grasp elbow and pull gently backward. Hold 30 seconds; relax; repeat.

Repeat 3 Times
Hold 30 Seconds
Complete 1 Set
Perform 1 Time(s) a Day



WRIST EXTENSOR STRETCH

Extend the arm to be stretched fully at the elbow. Use the opposite hand to bend the wrist down as shown. A stretch should be felt on the back of the forearm.

Repeat 3 Times
Hold 30 Seconds
Complete 1 Set
Perform 1 Time(s) a Day



WRIST FLEXOR STRETCH

Extend the arm to be stretched fully at elbow. Use the opposite hand to bend the wrist up as shown. A stretch should be felt in the front of the forearm.

Repeat 3 Times
Hold 30 Seconds
Complete 1 Set
Perform 1 Time(s) a Day