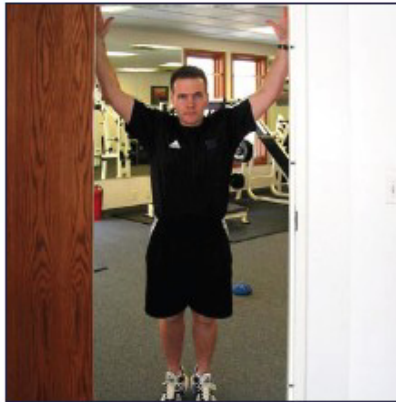
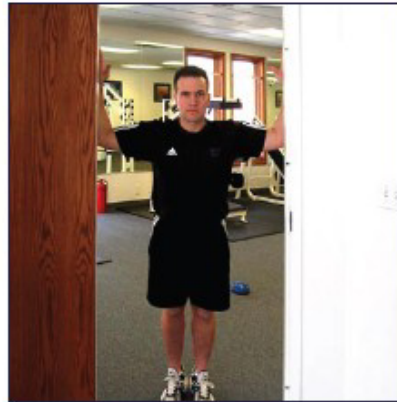


SHOULDER STRETCHING

The primary muscle group in need of stretching is the chest. I always recommend performing doorway stretches that include arms in a V position (sternal portion of the pecs) and reverse T or field goal post position (clavicular portion of the pecs). You can also perform single arm stretches with the arm slightly below shoulder height. It is best to hold for 20-30 seconds and repeat 2-3 times.



V Position



T Position

Chest and Anterior Deltoid Stretch

Author Primary Muscle(s)

Rod Ferris CPT, CPAFLA Pectoralis Major (Chest), Anterior Deltoid, Biceps Brachii (Arms), Shoulders

Instructions

- Place one arm against a wall while keeping your torso parallel.
- Gently lean your body against the wall to feel the stretch.



Tricep and Lat Stretch

Author Primary Muscle(s)
Rod Ferris CPT, CPAFLA Triceps, Rear Deltoid, Latissimus Dorsi, Rhomboid (Arms, Shoulder, Back)

Instructions

- Tricep and Deltoid stretch is completed by the following instructions:
- Place both arms overhead.
 - Gently pull behind your elbow to slide palm down the middle of your back.



Back / Rhomboid Stretch

Author Primary Muscle(s)
Rod Ferris CPT, CPAFLA Rhomboid, Tricep, Posterior Deltoid, Rear Deltoid, Latissimus Dorsi (Back, Shoulder, Arms)

Instructions

- To complete this exercise complete the following:
- Cross one arm in front of your body.
 - Use the opposite arm to squeeze into your body and above or below elbow joint.

