

# CHEST STRETCHES

Optional:

- Heat (Rice sock, Heat pad) - 5-10 min
- Massage
- Ball/foam roll
- TENS
- Red Light

- Stretching the front chest takes tension and stress away from back/shoulder/neck muscles allowing them to relax more.
- Perform daily to every other day. Can even do multiple times per day, such as a break from long hours sitting (i.e. computer work).
- These are examples below, don't need to perform all these.
- Limit/avoid any positions that aggravate pain or cause tingling.

1



## PECTORALIS CORNER STRETCH - HIGH

While standing at a corner of a wall, place your arms on the walls pointed upwards as shown. Take one step forward towards the corner. Bend your front knee until a stretch is felt along the front of your chest and/or shoulders

Complete 2 set    Hold 15 secs

2

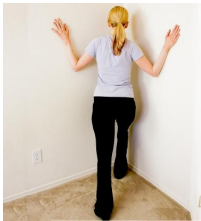


## PECTORALIS CORNER STRETCH - MID

Same as above with arms on the walls with elbows bent so that your upper arms are horizontal and your forearms are directed upwards as shown.

Complete 2 set    Hold 15 secs

3

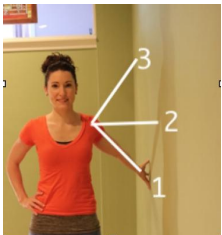


## PECTORALIS CORNER STRETCH - LOW

Same as above with arms on the walls in the shape of a "W" so that your elbows are bent and pointed towards the ground as shown.

Complete 2 set    Hold 15 secs

4



## CHEST STRETCH: Low, Medium, High at the Wall

Place the hand against the wall so that the arm is being drawn open and back to create a stretch in the chest. Roll the top of the shoulder BACK to open the chest more (external rotation).

Start from the low position (1), hold for 3 deep breaths, then move to the next position.

\*Could be performed using doorframe or edge of a wall instead.

Complete 2 set    Hold 15 secs

5

## CHEST/PECTORALIS MAJOR & MINOR



-Lie on your back on a foam roll with the roll in line with your spine, length-wise

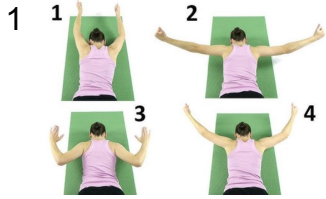
-Perform a SNOW ANGEL (bringing arms out to the side, and up, in the overhead direction) allowing the weight of the arms provide a stretch.

-A stretching sensation in your chest is desirable but pain in your shoulder should be avoided  
\*Could be performed using exercise bench, exercise ball, or stack of pillows utilizing gravity.

Complete 2 set    Hold 15 secs

# SHOULDER STRENGTHENING

- Strengthen the posterior/back/shoulder muscles
- Perform 3x per week (i.e. MWF or TuThSa). Do slow and controlled movements.
- Limit/avoid any that aggravate. Adjust as needed
- Start with 1 set of 10 and progress to 3 sets of 10.
- \*\*Use only light weight, i.e. bodyweight, light band, dumbbells



## I/Y/T/W 's

Position options: -Standing bent over at waist -Lying face down on exercise bench or exercise ball.  
Slowly pull the arms back while squeezing the shoulder blades together doing all positions.

Complete 1 set      Repeat 3 times



## ELASTIC BAND BILATERAL EXTERNAL ROTATION

While holding an elastic band with your elbows bent, pull your hands away from your stomach area. Keep your elbows near the side of your body. Can be done palm up or down.

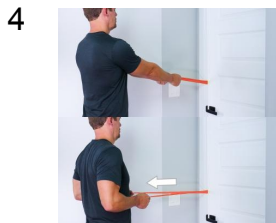
Complete 1 set      Repeat 10 times



## ELASTIC BAND EXTENSION BILATERAL SHOULDER

While holding an elastic band with both arms in front of you with your elbows straight, pull the band downwards and back towards your side.

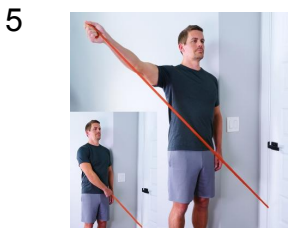
Complete 1 set      Repeat 10 times



## ELASTIC BAND ROWS

Holding elastic band with both hands, draw back the band as you bend your elbows. Keep your elbows near the side of your body.

Complete 1 set      Repeat 10 times



## ELASTIC BAND DIAGONAL FLEX - ABDUCTION

While holding an elastic band across the lower half of your body, pull the band upwards and outwards towards the opposite side.

Complete 1 set      Repeat 10 times



## EXTERNAL ROTATION - ER 90 90

Start with arm up at 90 degrees away from your side, elbow bent to 90 degrees and forearm directed forward. Slowly roll your shoulder back so that your forearm is directed upward, then slowly return to start position. Squeeze shoulder blades together throughout. May do body weight or light dumbbells.

Complete 1 set      Repeat 10 times

# POSTURE RETRAINING

Poor Posture typically has a forward head, rounded forward shoulders and a rounded forward spine.

Good posture demonstrates ears in line with the shoulders, hips and ankles. It is your tallest position with your feet flat on the ground

Perform Both exercises below at the same time frequently for posture retraining. Do many times per day until becomes habit.

1. Exaggerate both positions together
2. Deep breath in
3. Relax & exhale
4. Repeat, repeat, repeat



## CHIN TUCKS

Standing straight up, focus on drawing your chin backwards as if you were making a double chin while keeping your head steady.



## STAND TALL

Pull both shoulders back while squeezing shoulder blades together, chest up, head tall and straight.

# Neck stretches

\*OPTIONAL if neck/upper back pain or tightness.

-Heat                      -TENS  
-Massage                 -Red light



## UPPER TRAP STRETCH - HOLDING CHAIR AND HEAD

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.

Bend your head towards the opposite side of the hand that is holding the chair seat. You should feel a stretch to the side of your neck.

Complete 2 set      Hold 15 secs



## LEVATOR SCAPULAE STRETCH - GRASPING WRIST

Grasp your arm of the affected side and pull it gently towards the opposite side in front of your body. Next, tilt your head downward and to the side looking away from the affected side until a stretch is felt.

Complete 2 set      Hold 15 secs



## ANTERIOR/MIDDLE SCALENE STRETCH - ARM BEHIND BACK

Place your arm behind your back. Next, tilt your head to the side and then rotate your head upward. Hold for a stretch. Return to original position and then repeat. Tip your chin upward to intensify the stretch.

Complete 2 set      Hold 15 secs



## CERVICAL CHIN TUCK WITH RESISTANCE

Place your hand on your chin and push into it. back into a chin tuck so that your ears line up with your shoulders.

Hold, then return to original position and repeat.

Complete 2 set      Hold 15 secs



## TENNIS BALL OS RELEASE

Lying on your back take the rolled up towel and place behind your neck, then place the tennis balls at the base of your skull. Set a timer for no more than 5 minutes.

- A. rest on tennis balls
- B. retract neck into the tennis balls and tilt head forward and backward as if nodding your head yes (while doing this motion you may turn your head left and right slowly to release the entire occipital ridge)



## CERVICAL HAMMOCK

Cervical traction decompression device can be beneficial. Use as often as desired for comfort and relief. Use no longer than 5-10 mins at a time

Anchor to sturdy structure, slowly move body away from anchor point to control amount of traction.