

Look Right & Left

Muscle Affected: sternocleidomastoid

1. Stand or sit with head and neck upright.
2. Turn head to the right using a submaximal concentric contraction. Hold for 10 seconds.
3. Turn head to the left using a submaximal concentric contraction. Hold for 10 seconds.



Behind-Neck Stretch (Chicken Wing)

Muscles Affected: triceps and latissimus dorsi

1. Standing or sitting, flex right arm and raise elbow above head.
2. Reach the right hand down toward the left scapula.
3. Grasp right elbow with left hand.
4. Pull elbow behind head with left hand.
5. Hold for 10 seconds.
6. Repeat with left arm.



Arms Straight Up Above Head (Pillar)

Muscles Affected: latissimus dorsi and wrist flexors

1. Stand with arms in front of torso, fingers interlocked with palms facing each other.
2. Slowly straighten the arms above the head with palms up.
3. Continue to reach upward with hands and arms.
4. While continuing to reach upward, slowly reach slightly backward.
5. Hold for 10 seconds.

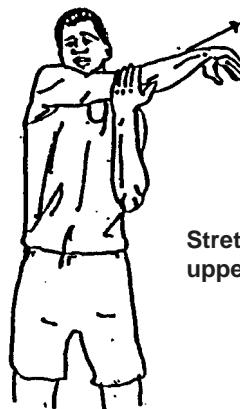


Stretching the shoulders, chest and upper back

Cross Arm In Front of Chest

Muscles Affected: latissimus dorsi and teres major

1. Stand or sit with the right arm slightly flexed (15° - 30°) and adducted across the chest.
2. Grasp the upper arm just above the elbow, placing the left hand on the posterior side of the upper arm.
3. Pull the right arm across the chest (toward the left) with the left hand.
4. Hold it for 10 seconds.
5. Repeat with the left arm.



Stretching the upper back