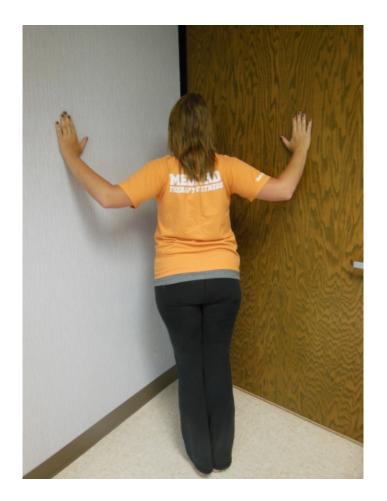




## UPPER TRAP STRETCH - HAND BEHIND BACK

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





## Pec Stretch

Find corner or doorway, place hands 90 degrees and lean into corner. Do not bring head forward during stretch. Should feel stretch in chest.





Pectoral Stretch with Foam Roller Stabillize spine with foam roller.

Bring both arms up, forming a goalpost.

Hold 1-2 minutes or as tolerable.





## PRAYER STRETCH - LATERAL

While on your hand and knees in a crawl position, slowly lower your buttocks towards your feet. Also, lower your chest towards the floor as you reach out towards the side.