



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.

Repeat 1 Time
Hold 1 Minute
Complete 1 Set
Perform 1 Time(s) a Day



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.

Repeat 1 Time
Hold 1 Minute
Complete 1 Set
Perform 1 Time(s) a Day



Pectoral Stretch with Foam Roller

Stabilize spine with foam roller.

Bring both arms up, forming a goalpost.

Hold 1-2 minutes or as tolerable.

Repeat 1 Time

Hold 1 Minute

Complete 1 Set

Perform 1 Time(s) a Day



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.

Repeat 1 Time
Hold 1 Minute
Complete 1 Set
Perform 1 Time(s) a Day