

PLATYSMA STRETCH

Hold down the tissue on your upper chest with both hands. Keeping your jaw closed extend your head backwards until you feel a stretch in the front of your neck. Hold then relax.

SETS & REPS: 30sec hold

FREQUENCY: 2-3 x day



UPPER TRAPEZIUS STRETCH WITH OVERPRESSURE

Sitting, grasp under your chair and depress the shoulder. Side bend your head AWAY from the side being stretched and slowly rotate your head TOWARDS the side being stretched until you feel a stretch. Add overpressure to your head with your other arm. Hold.

SETS & REPS: 30 sec hold

FREQUENCY: 2-3 x day



SEATED THORACIC ROTATION

While sitting in a chair, rotate your trunk to one side as far as you can. Use the chair-back to pull yourself further into rotation. Hold for 10 seconds. Relax and repeat.

SETS & REPS: 2 reps

FREQUENCY: 2-3 x day



FLEXION IN SITTING

Sitting on stool with your legs apart, lean forward and grab your ankles with each hand. Bend down between your legs as far as possible. Hold the stretch briefly and then return to an upright position. Repeat.

SETS & REPS: 1-3 reps

FREQUENCY: 2-3 x day



POSTERIOR SHOULDER STRETCH

With your shoulder blade pulled back and down and your elbow straight, cross your arm across your body. Use your opposite arm to clamp behind the elbow of the arm being stretched. Use the bent arm to pull the arm further across the body until you feel a stretch. Ensure your shoulder blade remains depressed and pulled back. Hold.

SETS & REPS: 30 sec hold

FREQUENCY: 2-3 x day

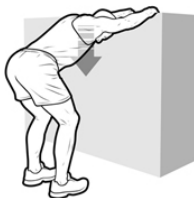


PECTORALIS MINOR STRETCH

Clasp your hands behind your back and pull your shoulders back and down as far as you can, squeezing your shoulder blades together. As you exhale, try to depress your shoulders further. Hold.

SETS & REPS: 30sec hold

FREQUENCY: 2-3 x day



LATISSIMUS DORSI STRETCH

Grasping a fixed surface with both hands (at approximately chest height), slowly lean your trunk forward as far as you can, keeping your back straight. Push your chest down towards the floor until you feel a stretch. Hold.

SETS & REPS: 30sec hold

FREQUENCY: 2-3 x day



BILATERAL PECTORAL STRETCH

With your shoulders and elbows bent to 90° and your forearms against adjacent walls in the corner of the room, slowly lean forwards until you feel a stretch in your chest. Hold.

SETS & REPS: 30sec hold

FREQUENCY: 2-3 x day