

Shoulder Stretch

Pectoralis Stretch #2



Step 1: Raise arm to 135°; keep head in neutral position

Step 2: Push arm gently into doorjamb for 10 seconds

Step 3: Exhale, pull arm backward, take a step forward until you feel a nice stretch keep shoulders square

Step 4: Repeat 2-3 times

1. * Repeat more often if you have a “slouched” posture or you work at a computer.