

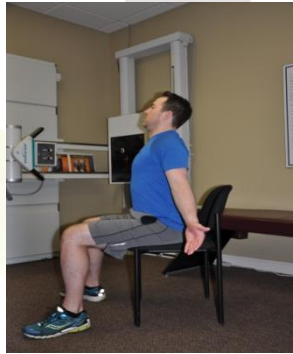
THE BEST STRETCHES FOR YOUR CHEST, SHOULDERS, AND UPPER BACK

Tight, stiff lower neck? Upper back pain? Sitting all day at work with rounded shoulders? If you are feeling pain and stiffness, then you will benefit from incorporating these exercises and stretches into your daily routine.



HEAD RETRACTION

- Sit up straight in a chair, chest open (shoulders rolled back)
- Pull your ears backwards over your shoulders while looking straight ahead (your chin should not point down)
- Hold for 3 seconds, and repeat 10 times



BRUGGER POSTURAL RELIEF

- Sit on the edge of a chair with your feet slightly turned outwards and slightly wider than your hips
- Sit up straight, chest open (shoulders rolled back), and pull your ears over your shoulders (head retraction – see above for instructions)
- Rotate your arms backwards so that your thumbs point behind you
- Hold for 10 seconds, and repeat 3 times



EXTERNAL ROTATION OF SHOULDERS

- Sit up straight in a chair, chest open (shoulders rolled back), with your elbows tight to your body at a 90 degree angle with both hands touching
- Keeping your elbows tight to your body, rotate your hands and your shoulders away from your body
- Hold for 5 seconds, and repeat 10 times



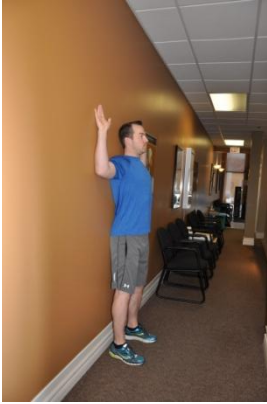
PECTORAL

- Standing in a doorway, place both forearms on the door frame at a 90 degree angle
- Lean forward with your chest through the doorway
- Hold for 10 seconds, and repeat 3 times



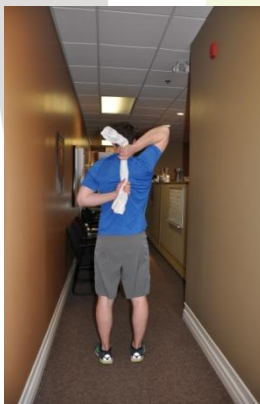
“PRAYER STRETCH”

- Kneel on the floor, extend both arms in front of you as far as they will go, and sit your lower body down onto your heels
- Hold for 10 seconds, and repeat 3 times



WALL SLIDE

- Stand with your back against the wall with your feet about 12 inches away from the wall
- Raise your arms up at a 90 degree angle
- Squat down making sure to keep your heels on the ground all while straightening your arms above your head
- Hold for 10 seconds, and repeat 3 times



"APPLEY'S" SHOULDER STRETCH

- Hold the ends a towel with one hand behind your head and the other hand behind your back
- Slowly bring hands closer together little by little as far as comfortable, and then hold this position for 10 seconds.
- Repeat 3 times on each side (top hand becomes the bottom hand)

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