

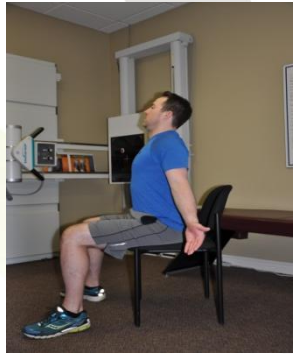
THE BEST STRETCHES FOR YOUR CHEST, SHOULDERS, AND UPPER BACK

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 stretches into your daily routine. Stretches should be held for 20 seconds, and repeated 3 times on each side (if applicable).



CHIN TUCK

- Sit up straight in a chair, chest open (shoulders rolled back)
- Pull your ears over your shoulders



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 (chin tuck)
- Rotate your arms backwards so that your thumbs point behind you



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



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



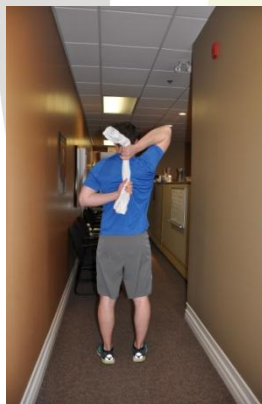
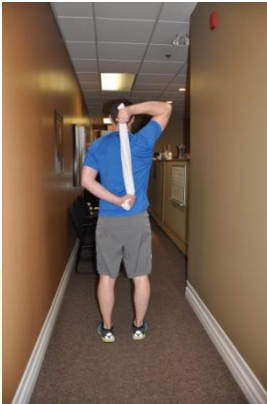
"PRAYER STRETCH"

- 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



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



"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

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