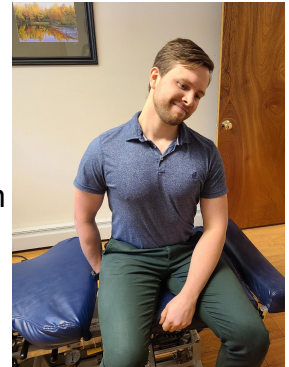


Upper Back and Neck Stretches

Upper Trapezius

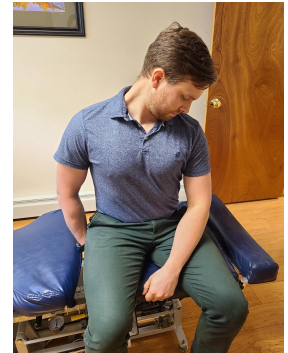
1. While seated, with your hand palm up, place your hand under you, where your leg joins with your buttock, at the location of the bone that you sit on.
2. Sit up nice and tall, lean your head away, bringing your ear down to your shoulder.
3. You should feel a nice light stretch in your neck.
4. Hold this for 3-5 belly breaths (10-15 seconds).



Repeat on Both Sides

Levator Scapulae

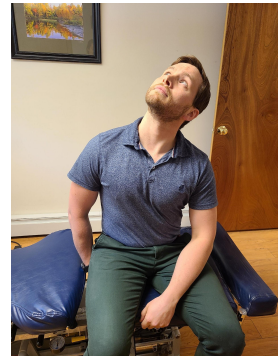
1. While seated, with your hand palm up, place your hand under you where your leg joins with your buttock, at the location of the bone that you sit on.
2. Lean your neck to the opposite side and then turn your head so you are looking down toward your opposite elbow.
3. You should feel a nice light stretch in your upper back and neck.
4. Hold this for 3-5 belly breaths (10-15 seconds).



Repeat on Both Sides

Anterior Scalene

1. While seated, with your hand palm up, place your hand under you where your leg joins with your buttock, at the location of the bone that you sit on.
2. Lean your neck to the opposite side and then turn your head so you are looking up toward the ceiling.
3. You should feel a nice light stretch in the front of your neck.
4. Hold this for 3-5 belly breaths (10-15 seconds).



Repeat on Both Sides

Pectoralis Minor

1. Find a wall or door frame that you can use.
2. Put your forearm against the door frame about 45 degrees above your shoulder.
3. With the outside leg take a step into the door.
4. You should feel a gentle stretch in the front of your shoulder.
5. Hold this for 3-5 belly breaths (10-15 seconds).

Repeat on Both Sides



Other Stretches

Bicep Tendon

1. Find a wall. Place your hand on the wall at shoulder height.
2. Straighten your arm with your fingers pointed behind you.
3. Slowly twist your torso away from the wall.
4. You should feel a stretch in the front of your shoulder.
5. Hold this for 3-5 belly breaths (10-15 seconds).

Repeat on Both Sides



Swimmers / Lat Stretch

1. Find a wall and stand about two feet from it.
2. Place both hands high on the wall above your head.
3. With one leg forward and one back, bend your torso down toward the wall keeping your head neutral.
4. You should feel a stretch in your armpit and along the rib cage.
5. Hold this for 3-5 belly breaths (10-15 seconds).



Subscapularis Stretch

1. Find a wall and stand about two feet from it.
2. With one leg forward and one back, bend your torso down toward the wall keeping your head neutral.
3. Press your forearms against the wall with your thumbs pointing out.
4. You should feel a stretch in your armpit and shoulder.
5. Hold this for 3-5 belly breaths (10-15 seconds).

