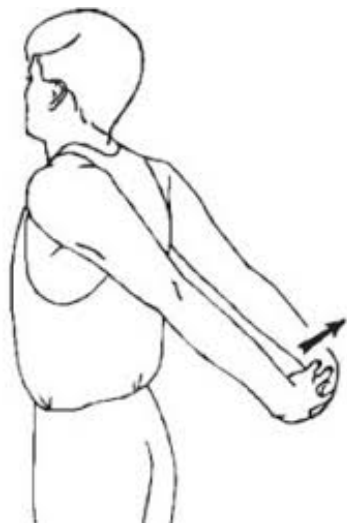


SHOULDER/ARM STRETCHES



Head Tilted to Side with Arm Behind Back- Middle Deltoid Stretch



Arm Pulled Across Body- Posterior Deltoid & Rhomboid Stretch



Arms Behind Back- Anterior Deltoid, Pectoral & Biceps Stretch



Matsen Fig. 2-36

Using Towel- Lightly Pull Upward or Slowly Walk your hands closer together. Deltoid, Triceps, Latissimus Dorsi & Pectorals Stretch.



Hands on wall- Chest Opening Stretch

Using Broom Stick

1. Opening Chest (Pectorals & Anterior Deltoid)
2. Over Head-Latissimus Dorsi Stretch
3. Behind Back-Anterior Deltoid & Pectorals Stretch



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Pulling Arm Over Head and Back- Tricep & Latissimus Dorsi Stretch



***Do each movement individually