



TRICEPS STRETCH
 Raise one arm and bend the elbow (placing the palm of the hand in the middle of the back). Place the other hand on top of the bent elbow and gently pull toward the midline of the body.

LOWER BACK STRETCH
 Stand upright with feet close together about 1m from a wall. Place both hands against the wall and keep the lower-back flat while gently pushing down the upper-back.



Hold Each Stretch for 30 Seconds
Repeat stretches to target sore spots
Make it part of your daily routine
Stretching should NOT be Painful.

TERES STRETCH

Raise one arm to shoulder height and flex the arm across the body (hand past the opposite shoulder). Grasp the elbow and gently pull the arm across the body.



COMBINED INTERNAL ROTATION AND ELEVATION

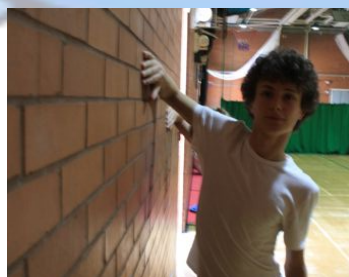
Stand side-on to a wall and lift the elbow up, forearm resting against the wall at a right angle. Gently lean toward the wall and feel the stretch under the arm.



SHOULDER INTERNAL ROTATION
 Stand with one-arm reaching behind the back (elbow pointing up). Reach back with the other hand and lock your fingers together. Pull the bottom-hand up and pull the top-hand down.

PECTORALIS (chest) STRETCH

Stand side-on to a wall or post with elbow at a right angle. Gently press the body forward and away from the bent arm.



UPPER TRAPEZIUS STRETCH

Gently grasp the side of the head with one hand and tilt the head in that direction -- without putting any pressure on the neck -- then try to press the shoulder down.

