

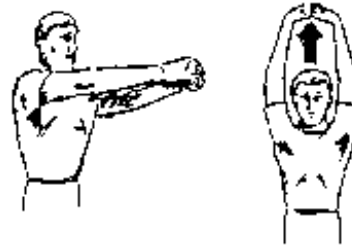
TORSO STRETCHES

GENERAL STRETCHING INSTRUCTIONS

- Relax in a comfortable position.
- Stretch Slowly.
- Stretch in a NO PAIN range of motion.
- Do 2-3 repetitions of each, holding 3-5 seconds
- Stretch every 1-1.5 hours – FREQUENCY IS THE KEY!
- STRETCH BOTH SIDES

NOTES: _____

1. LATISSIMUS, TRICEP



- Lace fingers together
- Stretch arms forward until arms are extended then raise them overhead

2. LATISSIMUS



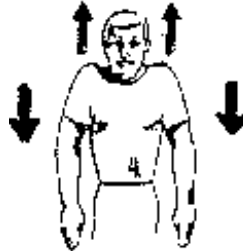
- Grasp arm at wrist
- Stretch arm directly up

TRICEP



- Maintain pull upward while leaning to side

3. TRAPEZIUS, LEVATOR



- Lift shoulders as high as possible
- Lower to a neutral, relaxed position

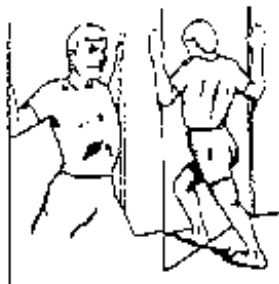
4. PECTORALIS



- Circle the arm backward
- Keep arm as straight as possible

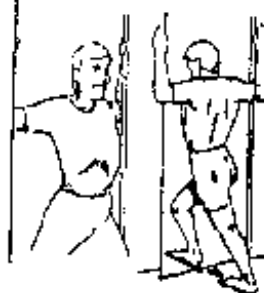
5. PECTORALIS

CLAVICULAR SECTION



- Stand in doorway with hips even with door jamb
- Place hands on door jamb parallel with shoulder level and let forearms rest on door jamb
- Move body forward to stretch upper chest

STERNAL SECTION



- Move arm position so elbows are parallel with shoulder level, resting on door jamb
- Move body forward to stretch middle section of chest

COSTAL-ABDOMINAL SECTION



- Move arm positioning so hands and forearms rest on door jamb in overhead extended position
- Move body forward to stretch lower pectoral area

TORSO STRETCHES

6. PARAVERTEBRALS,



- Head Down
- Arch back upward

LATISSIMUS



- Shift to sitting on heels position

AND QUADRATUS LUMBORUM



- Shift buttock to sit on right heel as you shift the arms to the left
- Shift buttock to sit on left heel as arms shift to right
- Repeat

7. RECTUS ABDOMINUS, ILIOPSOAS

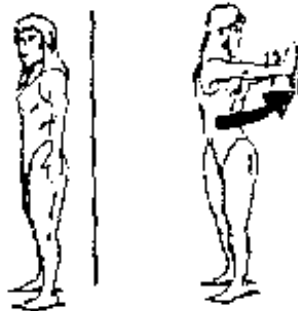


- Arms extended overhead
- Allow one leg to hang freely off edge of support



- Move buttock to end of support
- Extend legs over end of support
- Support feet at a lower level (e.g. on chair, seat)

8. PARAVERTEBRALS, LATISSIMUS AND QUADRATUS LUMBORUM



- Stand with back to wall
- Slowly turn body (shoulders and hips) to place hands on wall behind you