

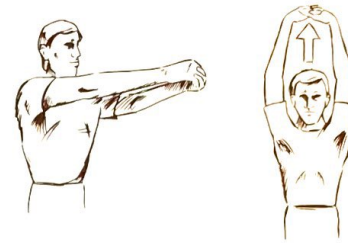
TORSO STRETCHING INSTRUCTIONS

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 1/2 hours - **FREQUENCY IS THE KEY!**
- **STRETCH BOTH SIDES**

NOTES: _____

1. LATISSIMUS, TRICEPS



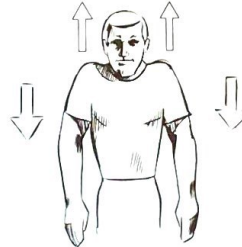
- Lace Fingers
- Stretch arms forward until arms are extended then raise them overhead

2. LATISSIMUS, TRICEPS



- Grasp arm at wrist
- Stretch arm directly up
- Maintain pull upward while leaning to side

3. TRAPEZIUS, LEVATOR



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

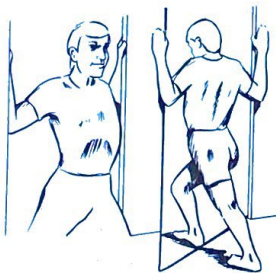
4. PECTORALIS



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

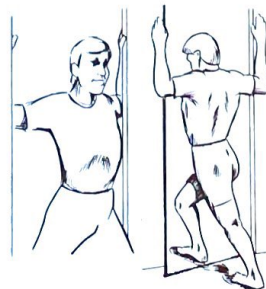
5. PECTORALIS

CLAVICULAR SECTION



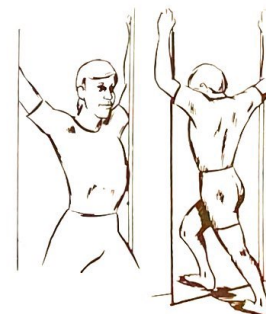
- Stand in doorway with hips even with door jamb
- Place hands on door jamb parallel with shoulder level and let forearms rest on door jamb
- Move body forward to stretch upper chest

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 STRETCHING INSTRUCTIONS

6. PARAVERTEBRALS, LATISSIMUS, QUADRATUS LUMBORUM



- Head down
- Arch back upward

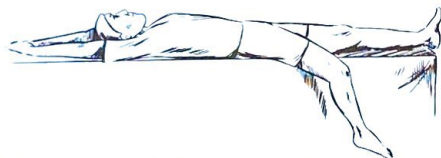


- Shift to sitting on heel position



- Return to starting position
- Shift back so sitting on right heel
- Bring arms toward left
- Repeat shifting to left heel - arms to right

7. RECTUS ABDOMINUS

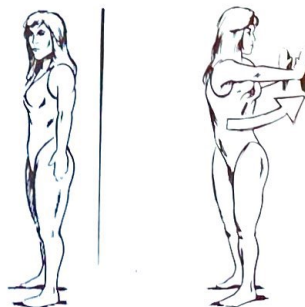


- Arms extended overhead
- Allow one leg to hang freely off edge of support



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

8. QUADRATUS LUMBORUM, ABDOMINAL OBLIQUES



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